

March

Awakening Gently

S	M	T	W	T	F	S	
1 	2 Wiser Women 9 am Yinergy 5 pm	3 	4 Chair Yoga 9 am	5 Yoga & Meditation 5:30 pm Stretch & Sound 7 pm	6 Restorative Bliss 5 pm	7 Sound Scape 9 am	
8 Reiki & Cord Cutting Ceremony 4:00 - 5:30 pm	9 Wiser Women 9 am Echoes of Stillness 5 pm Yoga & Meditation 7 pm	10 	11 Chair Yoga 9 am Self-Love 5:45 pm	12 Yoga & Meditation 5:30 pm	13 Private Appointments only	14 Sun Kissed Awakening 11 am	
15 	16 Wiser Women 9 am Yinergy 5 pm Yoga & Meditation 7 pm	17 	18 Chair Yoga 9 am Chakra Glow 5:45 pm	19 Yoga & Meditation 5:30 pm Sound Scape 7 pm	20 Silent Intentions: Spring Equinox 6 pm	21 Restorative Bliss 9:15 am	
22 	23 Wiser Women 9 am Unwind & Reset 5 pm Yoga & Meditation 7 pm	24 	25 Chair Yoga 9 am	26 Yoga & Meditation 5:30 pm	27 	28 	
29 	30 	31 	 My Purple Mat, LLC  my_purple_mat				

SIGN UP FOR CLASSES AND EVENTS: MYPURPLEMAT.COM