



My Purple Mat, LLC



my_purple_mat

January

S	M	T	W	T	F	S
			1	2	3 Private Appointments & events only	4
5	6 <u>Wiser Women</u> 9 am - 10 am <u>Yoga & Meditation</u> 7pm - 8pm	7 <u>Yinergy</u> 5:00 - 6:15 pm	8 <u>Chair Yoga</u> 9 am - 10 am	9 <u>Yoga & Meditation</u> 5:30 - 6:30 pm <u>Echoes of Stillness</u> 7 pm - 8 pm	10 Private Appointments & events only	11 <u>Aroma Yoga</u> 9:30 am - 11 am
12 <u>Serenity Session</u> 10 am - 12 pm	13 <u>Wiser Women</u> 9 am - 10 am <u>Yoga & Meditation</u> 7pm - 8pm	14 <u>Yinergy</u> 5:00 - 6:15 pm	15 <u>Chair Yoga</u> 9 am - 10 am	16 	17 Private Appointments & events only	18
19 <u>Echoes of Stillness</u> 9:00 am - 10:00 am	20 	21 <u>Yinergy</u> 5:00 - 6:15 pm	22 <u>Chair Yoga</u> 9 am - 10 am	23 <u>Yoga & Meditation</u> 5:30 - 6:30 pm <u>Stretch & Sound</u> 7pm - 8 pm	24 Private Appointments & events only	25
26	29 <u>Wiser Women</u> 9 am - 10 am <u>Yoga & Meditation</u> 7pm - 8pm	28 <u>Yinergy</u> 5:00 - 6:15 pm	29 <u>Chair Yoga</u> 9 am - 10 am	30 <u>Yoga & Meditation</u> 5:30 - 6:30 pm	31 Private Appointments & events only	

SIGN UP FOR CLASSES AND EVENTS: MYPURPLEMAT.COM