

 My Purple Mat, LLC

 my_purple_mat

January

S M T W T F S

SIGN UP FOR CLASSES AND EVENTS: [MYPURPLEMAT.COM](https://mypurplemat.com)

				1 	2 	3 
4 	5 Wiser Women 9 am Echoes of Stillness 5 pm	6 	7 Chair Yoga 9 am	8 Yoga & Meditation 5:30 pm Stretch & Sound 7 pm	9 Restorative Bliss: Aroma Yoga 5 pm	10 Sound Scape 9 am Boutique Open 10:30 am
11 Private Appointments only	12 Wiser Women 9 am Yinergy 5:00 pm Yoga & Meditation 7 pm	13 	14 Chair Yoga 9 am Self-Love 5:45 pm	15 Yoga & Meditation 5:30 pm	16 Private Appointments only	17 Private Appointments only
18 Private Appointments only	19 Wiser Women 9 am Unwind & Reset 5 pm Yoga & Meditation 7 pm	20 	21 Chair Yoga 9 am	22 Yoga & Meditation 5:30 pm Sound Scape 7 pm	23 Private Appointments only	24 Restorative Bliss: Aroma Yoga 9:15 am Sound Bath w/ Reiki 2 pm
25 Private Appointments only	26 Wiser Women 9 am Yinergy 5:00 pm Yoga & Meditation 7 pm	27 	28 Chair Yoga 9 am Chakra Glow 5:45 pm	29 Yoga & Meditation 5:30 pm	30 	31 