



My Purple Mat, LLC



my_purple_mat

November

S	M	T	W	T	F	S
					1 Private Appointments & events only	2
3 <u>Whispers of Silence</u> 9:30 - 12:30	4 <u>Wiser Women</u> 9 am - 10 am <u>Yoga & Meditation</u> 7pm - 8pm	5 <u>ELECTION DAY</u> <u>SELF-CARE</u> 9 AM - 7 PM	6 <u>Chair Yoga</u> 9 am - 10 am	7 <u>Yoga & Meditation</u> 5:30 - 6:30 pm <u>Stretch & Sound</u> <u>Journey</u> 7 pm - 8 pm	8 Private Appointments & events only	9
10 	11 	12 	13 <u>Chair Yoga</u> 9 am - 10 am <u>Serenity Session</u> 5:30 - 7:30 pm	14 <u>Yoga & Meditation</u> 5:30 - 6:30 pm	15 Private Appointments & events only	16
17 	18 <u>Wiser Women</u> 9 am - 10 am <u>Yoga & Meditation</u> 7pm - 8pm	19 <u>Peaceful Pathways</u> 5:30 - 6:45 pm See Events	20 <u>Chair Yoga</u> 9 am - 10 am	21 <u>Yoga & Meditation</u> 5:30 - 6:30 pm	22 Private Appointments & events only	23
24 <u>Guiding Light Gatherings</u> 10:00 - 11:30	25 <u>Wiser Women</u> 9 am - 10 am <u>Yoga & Meditation</u> 7pm - 8pm	26 <u>Peaceful Pathways</u> 5:30 - 6:45 pm See Events	27 <u>Chair Yoga</u> 9 am - 10 am	28 	29 	30

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