November

Nourish the Light

S	M	T	W	T	F	S
1 CLOSED	2 **Wiser Women 9 am** Echoes of Stillness 5 pm	3 CLOSED	4 **Chair Yoga 9 am** Self-Love 5:30 pm	5 **Yoga & Meditation 5:30 pm**	6 **Restorative Bliss 5 pm**	7
8	9 **Wiser Women 9 am** Yinergy 5 pm **Yoga & Meditation 7 pm**	10 **Yoga & Meditation 5:30 pm**	11 **Chair Yoga 9 am**	12 CLOSED	13 **Private Appointments only**	14 Sound Scape 9 am
15	16 **Wiser Women 9 am** Unwind & Reset 5 pm **Yoga & Meditation 7 pm**	17 CLOSED	18 **Chair Yoga 9 am** Chakra Glow 5:30 pm	19 **Yoga & Meditation 5:30 pm**	20 **Private Appointments only**	21 **Restorative Bliss 9:15 am**
22 CLOSED	23 **Wiser Women 9 am** Yinergy 5 pm **Yoga & Meditation 7 pm**	24 CLOSED	25 **Chair Yoga 9 am** **Yoga & Meditation 5:30 pm**	26 CLOSED	27 CLOSED	28 CLOSED
29 CLOSED	30 CLOSED					

My Purple Mat, LLC

my_purple_mat

SIGN UP FOR CLASSES AND EVENTS: MYPURPLEMAT.COM