

SCHEDULE (July - August)

Mon	Wed	Thu
Wiser Women Mat Yoga (IP) 9:00 am - 10:00 am Yoga & Meditation (IP or V) 7:00 pm - 8:00 pm	Chair Yoga (IP or V) 9:00 am - 10:00 am	Yoga & Meditation (IP or V) 5:30 pm - 6:30 pm

*****My Purple Mat will be closed from Friday, August 30 - Friday, September 6*****

*** In-person (IP) and Virtual (V) sessions are offered ***

All sessions are subject to change

A minimum of 4 participants is required for each session

Please call or text (419)701-4410 if you have any questions

***Private Sessions are available upon request. Please email or call My Purple Mat.**