

September

Embrace the Shift

S	M	T	W	T	F	S
		1	2 Chair Yoga 9 am Self-Love 5:45 pm	3 Yoga & Meditation 5:30 pm Sound Scape 7 pm	4 Restorative Bliss 5 pm	5 CLOSED
6 CLOSED	7 CLOSED	8	9 Chair Yoga 9 am Chakra Glow 5:45 pm	10 Yoga & Meditation 5:30 pm	11	12 Between Seasons 10 am
13 Reiki & Sound Woods Edition 2 pm	14 Wiser Women 9 am Echoes of Stillness 5 pm <u>Yoga & Meditation</u> 7 pm	15	16 Chair Yoga 9 am	17 Yoga & Meditation 5:30 pm	18	19 CLOSED
20 CLOSED	21 Wiser Women 9 am Yinergy 5 pm <u>Yoga & Meditation</u> 7 pm	22 Community Sound Journey 5:30 pm	23 Chair Yoga 9 am	24 Yoga & Meditation 5:30 pm	25 Private Appointments only	26 Restorative Bliss 9:15 am Collective Connections 1 pm
27	28 Wiser Women 9 am Unwind & Reset 5 pm Yoga & Meditation 7 pm	29	30 Chair Yoga 9 am	 My Purple Mat, LLC  my_purple_mat		

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