

# blue lotus • november 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>\$\$ denotes a workshop or special event that is NOT included in pass cards or memberships. For complete details, see the website.</b></p> <p><i>Colored font indicates a workshop that is not held at blue lotus studio. See the website for details.</i></p>			<p>1</p> <p>8:00-9:00 Flow &amp; Stretch 9:30-11:00 Vinyasa - Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow &amp; Stretch</p>	<p>2</p> <p>6:30-7:30 Early Bird Yoga\$12</p> <p>9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Journey Through the Chakras</p>	<p>3</p> <p>6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Prenatal Yoga 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 2-3 Pay What You Can Yoga</p> <p>4:00-5:00 Friday Flow 6:00-8:30 Holding Space\$\$</p>	<p>4</p> <p>8:30-9:30 Strength &amp; Stability 10:00-11:00 Flow &amp; Stretch 11:15-12:15 Vinyasa~ L1</p> <p>12:30-4:30 Holding Space\$\$</p>
<p>5</p> <p>9:00-2:00 Holding Space\$\$</p> <p>2:30-3:30 Vinyasa ~ L1</p> <p>4:00-5:30 Vinyasa ~ Open 6:00-8:00 Activate YOUR Potential \$\$</p>	<p>6</p> <p>6:30-7:30 Sacred Practice</p> <p>9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow &amp; Stretch</p>	<p>7</p> <p>6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow &amp; Stretch 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations \$\$</p>	<p>8</p> <p>8:00-9:00 Flow &amp; Stretch 9:30-11:00 Vinyasa - Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow &amp; Stretch</p>	<p>9</p> <p>6:30-7:30 Early Bird Yoga\$12</p> <p>9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Journey Through the Chakras</p>	<p>10</p> <p>6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Prenatal Yoga 9:30-11:00 Vinyasa ~ Open</p> <p>12-8 Yoga Immersion &amp; Teacher Training \$\$</p>	<p>11</p> <p>8:30-9:30 Strength &amp; Stability</p> <p>10-6 Yoga Immersion &amp; Teacher Training \$\$</p>
<p>12</p> <p>7-3:30 Yoga Immersion &amp; Teacher Training \$\$</p> <p>4:00-5:30 Vinyasa ~ Open 6:00-8:00 Activate YOUR Potential \$\$</p>	<p>13</p> <p>6:30-7:30 Sacred Practice</p> <p>9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow &amp; Stretch with LIVE Music!</p>	<p>14</p> <p>6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow &amp; Stretch 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga</p>	<p>15</p> <p>8:00-9:00 Flow &amp; Stretch 9:30-11:00 Vinyasa - Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow &amp; Stretch</p>	<p>16</p> <p>6:30-7:30 Early Bird Yoga\$12</p> <p>9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Journey Through the Chakras</p>	<p>17</p> <p>6:30-7:30 Early Bird Yoga\$12 8:00 - 9:00 Prenatal Yoga 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 1:30-2:30 Community Yoga (FREE!)</p> <p>4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga 7:00-8:30 Sacred Vibration Flow</p>	<p>18</p> <p>8:30-9:30 Strength &amp; Stability 10:00-11:00 Flow &amp; Stretch 11:15-12:15 Vinyasa~ L1 12:30- 2:00 Yin Yoga</p> <p>3-5 Refine Your Assists\$\$</p>
<p>19</p> <p>9:00-10:30 Deep Stretch</p> <p>11:00-1:00 Chant &amp; Meditate</p> <p>2:30-3:30 Vinyasa ~ L1</p> <p>4:00-5:30 Vinyasa ~ Open 6-8 Kundalini Yoga &amp; Gong Meditation\$\$</p>	<p>20</p> <p>6:30-7:30 Sacred Practice</p> <p>9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow &amp; Stretch</p>	<p>21</p> <p>6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow &amp; Stretch 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:15 Chant &amp; Meditate</p>	<p>22</p> <p>8:00-9:00 Flow &amp; Stretch 9:30-11:00 Vinyasa - Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow &amp; Stretch</p>	<p>23 Thanksgiving Day</p> <p>9:30-11 Gratitude Flow – FREE!</p>	<p>24</p> <p>9:30-11:00 Detox Flow 12:00-1:00 Lunchtime Flow\$12 2-3 Pay What You Can Yoga</p> <p>4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga</p>	<p>25</p> <p>8:30-9:30 Strength &amp; Stability 10:00-11:00 Flow &amp; Stretch 11:15-12:15 Vinyasa~ L1</p>
<p>26</p> <p>9:00-10:30 Deep Stretch</p> <p>2:30-3:30 Vinyasa ~ L1</p> <p>4:00-5:30 Vinyasa ~ Open</p>	<p>27</p> <p>6:30-7:30 Sacred Practice</p> <p>9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow &amp; Stretch</p>	<p>28</p> <p>6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow &amp; Stretch 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Tis the Season\$\$</p>	<p>29</p> <p>8:00-9:00 Flow &amp; Stretch 9:30-11:00 Vinyasa - Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow &amp; Stretch</p>	<p>30</p> <p>6:30-7:30 Early Bird Yoga\$12</p> <p>9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Journey Through the Chakras</p>		

This calendar represents the class and event schedule for this month only, and is subject to change.

For up-to-the-minute information, as well as descriptions and instructor details, visit our web site [www.bluelotusnc.com](http://www.bluelotusnc.com) and click SCHEDULE.

Drop-in \$16 • 10-pass \$135 • One-month unlimited \$155 • 50-pass \$575 • Annual Membership \$1018

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