

blue lotus • february 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|--|
| <p>\$\$ denotes a workshop or special event that is NOT included in pass cards or memberships. For complete details, see the website.</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>6:30-7:30 Early Bird Yoga\$12 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 Tantric Meditation \$\$</p> | <p>2</p> <p>6:30-7:30 Early Bird Yoga\$12 9:30-11:00 Vinyasa ~ Open</p> <p>12-8 Yoga Immersion & Teacher Training \$\$</p> | <p>3</p> <p>8:30-9:30 Strength & Stability</p> <p>10-6 Yoga Immersion & Teacher Training \$\$</p> |
| <p>4</p> <p>7-3:30 Yoga Immersion & Teacher Training \$\$</p> <p>4:00-5:30 Vinyasa ~ Open 6:00-7:00 Restorative Yoga</p> | <p>5</p> <p>6:30-7:30 Sacred Practice 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 & Stretch</p> | <p>6</p> <p>6:30-7:30 Early Bird Yoga \$12 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>7</p> <p>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 & Stretch</p> | <p>8</p> <p>6:30-7:30 Early Bird Yoga\$12 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 1:30-2:30 Community Yoga (free!)</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Tantric Meditation \$\$</p> | <p>9</p> <p>6:30-7:30 Early Bird Yoga\$12 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 5:30-6:30 Yin Yoga</p> | <p>10 BVXI * All classes by donation</p> <p>7:00-8:00 EarlyBird Yoga 8:30-9:30 Strength & Stability 10:00-11:00 Vinyasa ~ Open 11:30-12:30 Vinyasa ~ L1 1:00-2:00 Yin Yoga 2:30-3:30 Family Yoga 4:00-5:30 Candlelight Flow & Stretch ~ With LIVE music!</p> |
| <p>11 BVXI * All classes by donation!</p> <p>9:00-10:30 Deep Stretch 11:00-12:00 Yin Yoga 12:30-1:30 Vinyasa ~ Open 2:30-3:30 Vinyasa L1 4:00-5:30 Sadhana & Sound Healing 6:00-7:00 Restorative Yoga</p> | <p>12</p> <p>6:30-7:30 Sacred Practice 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 & Stretch</p> | <p>13</p> <p>6:30-7:30 Early Bird Yoga \$12 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>14 40 days of yoga</p> <p>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 & Stretch</p> | <p>15 40 days of yoga</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 Tantric Meditation \$\$</p> | <p>16 40 days of yoga</p> <p>6:30-7:30 Early Bird Yoga\$12</p> <p>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 5:30-6:30 Yin Yoga 7-9:00 Yamas & Niyamas \$\$</p> | <p>17 40 days of yoga</p> <p>8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 12:30-1:45 Refine Your Asana\$\$ 2:00-3:30 Refine Your Assisting\$\$ 4:00-5:00 Community Yoga (free!) 7-7:45 Kirtan – by donation!</p> |
| <p>18 40 days of yoga</p> <p>9:00-10:30 Deep Stretch 11:00-1:00 Sadhana</p> <p>2:30-3:30 Vinyasa ~ L1</p> <p>4:00-5:30 Vinyasa ~ Open 6:00-7:00 Restorative Yoga</p> | <p>19 40 days of yoga</p> <p>6:30-7:30 Sacred Practice 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 & Stretch</p> | <p>20 40 days of yoga</p> <p>6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 1:15-2:15 Community Yoga (free!)</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations II \$\$</p> | <p>21 40 days of yoga</p> <p>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 & Stretch</p> | <p>22 40 days of yoga</p> <p>6:30-7:30 Early Bird Yoga\$12 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 1:30-2:30 Community Yoga (free!)</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Tantric Meditation \$\$</p> | <p>23 40 days of yoga</p> <p>6:30-7:30 Early Bird Yoga\$12 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 5:30-6:30 Yin Yoga 7-8:30 Kundalini Yoga & Meditation</p> | <p>24 40 days of yoga</p> <p>8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1</p> <p>1-6:30 Pranayama & Mantra\$\$</p> |
| <p>25 40 days of yoga</p> <p>9:00-2:30 Pranayama & Mantra\$\$</p> <p>4:00-5:30 Vinyasa ~ Open 6:00-7:00 Restorative Yoga</p> | <p>26 40 days of yoga</p> <p>6:30-7:30 Sacred Practice 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 & Stretch</p> | <p>27 40 days of yoga</p> <p>6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 1:30-2:30 Community Yoga (free!)</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations II \$\$</p> | <p>28 40 days of yoga</p> <p>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 & Stretch</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 and click SCHEDULE.

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

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