

blue lotus • february 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30-11:00 Vinyasa ~ Open 11:30-12:30 Yoga & Meditation \$10 4:00-5:00 Yoga for Kids \$\$ 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	2 6:30-7:30 Early Bird Yoga \$10 9:30-10:45 Warrior Hour 11:30-12:30 Vinyasa~L1 \$10 5:30-6:30 Stretch & Restore SH 6:00-7:30 Yoga Foundations \$\$ 7:00-8:30 Vinyasa ~ L2	3 <i>blueversary 5</i> 9:30-11:00 Vinyasa~ Open 11:30-12:30 Community Yoga (free!) 5:00-6:00 Friday Flow 6:30-9:00 Veggie Potluck 10:00-12:00 Midnight Yoga <i>All classes by donation!</i>	4 <i>blueversary 5</i> 8:00-9:00 Vinyasa- Open 9:30-10:30 Flow & Stretch 11:00-12:00 Vinyasa~ L1 12:30-1:30 Kids Yoga 2:00-3:00 Yoga Women Over 50 3:30-4:30 Power Flow 6:00-7:00 All Levels Yoga <i>All classes by donation!</i>
5 <i>blueversary 5</i> 8:00-9:00 Early Bird Yoga 9:30-10:30 Deep Stretch 11:00-12:00 Yoga & Meditation 1:00-2:00 Partner Yoga 2:30-3:30 Vinyasa~ L1 4:00-5:30 Vinyasa~ L2 6-7:30 Yoga Foundations \$\$ <i>All classes by donation unless noted!</i>	6 9:30-11:00 Vinyasa ~ Open 12:15-1:15 Revival Lunch 5:30-6:30 Vinyasa ~ Open SH 6:30-8:00 On Beyond Asana \$\$ 7:00-8:15 Flow & Stretch	7 6:30-7:30 Early Bird Yoga \$10 8:00-8:45 Meditation (free!) 9:30-11:00 Freedom Style Yoga 11:30-12:30 StretchRestore \$10 3:30-4:30 Women Over 50 \$\$ 5:30-6:30 Yin Practice 7:00-8:30 Power Flow	8 9:30-11:00 Vinyasa ~ Open 11:30-12:30 Yoga & Meditation \$10 4:00-5:00 Yoga for Kids \$\$ 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	9 6:30-7:30 Early Bird Yoga \$10 9:30-10:45 Warrior Hour 11:30-12:30 Vinyasa~L1 \$10 5:30-6:30 Stretch & Restore SH 6:00-7:30 Yoga Foundations \$\$ 7:00-8:30 Vinyasa ~ L2	10 9:30-11:00 Vinyasa ~ Open 5:00-6:00 Friday Flow 6:30-8:00 Moon Sequence	11 8:00-10:00 Juicy Flow Yoga 11:00-12:00 Vinyasa~ L1 12:30-2:30 Yin Intensive \$\$ 3:00-5:00 Headstands \$\$ 6:00-7:00 Pay What You Can Yoga
12 9:00-10:30 Deep Stretch 11:00-12:30 Women Over 50 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ L2 6:00-7:30 Yoga Foundations \$\$	13 9:30-11:00 Vinyasa ~ Open 12:15-1:15 Revival Lunch 5:30-6:30 Vinyasa ~ Open SH 6:30-8:00 On Beyond Asana \$\$ 7:00-8:15 Flow & Stretch	14 6:30-7:30 Early Bird Yoga \$10 8:00-8:45 Meditation (free!) 9:30-11:00 Freedom Style Yoga 11:30-12:30 StretchRestore \$10 3:30-4:30 Women Over 50 5:30-6:30 Yin Practice 7:00-8:30 Power Flow	15 9:30-11:00 Vinyasa ~ Open 11:30-12:30 Yoga & Meditation \$10 4:00-5:00 Yoga for Kids \$\$ 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	16 6:30-7:30 Early Bird Yoga \$10 9:30-10:45 Warrior Hour 11:30-12:30 Vinyasa~L1 \$10 5:30-6:30 Stretch & Restore SH 6:00-7:30 Yoga Foundations \$\$ 7:00-8:30 Vinyasa ~ L2	17 9:30-11:00 Vinyasa ~ Open 5:00-6:00 Friday Flow 6:30-8:00 Love-Song Yoga	18 8:00-9:30 Vinyasa ~ Open SH 10:00-7:00 The Bandhas \$\$ 11:00-12:00 Vinyasa~ L1 12:30-2:00 Vinyasa~ L2/3 2:30-5:30 Kids Yoga & Art \$\$ 6:00-7:00 Pay What You Can Yoga
19 7:45-8:30 Meditation (free!) 9:00-10:30 Deep Stretch 11:00-12:00 Stretch & Restore 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ L2 6:00-7:30 Yoga Foundations \$\$	20 9:30-11:00 Vinyasa ~ Open 12:15-1:15 Revival Lunch SH 5:00-6:00 Community Yoga (free!) 5:30-6:30 Vinyasa ~ Open SH 6:30-8:00 On Beyond Asana \$\$ 7:00-8:15 Flow & Stretch	21 6:30-7:30 Early Bird Yoga \$10 8:00-8:45 Meditation (free!) 9:30-11:00 Freedom Style Yoga 11:30-12:30 StretchRestore \$10 3:30-4:30 Women Over 50 5:30-6:30 Yin Practice 7:00-8:30 Power Flow	22 9:30-11:00 Vinyasa ~ Open 11:30-12:30 Yoga & Meditation \$10 4:00-5:00 Yoga for Kids \$\$ 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	23 6:30-7:30 Early Bird Yoga \$10 9:30-10:45 Warrior Hour 11:30-12:30 Vinyasa~L1 \$10 5:30-6:30 Stretch & Restore 7:00-8:30 Vinyasa ~ L2	24 9:30-11:00 Vinyasa ~ Open 11:30-12:30 Community Yoga (free!) 5:00-6:00 Friday Flow 6:30-8:00 Flow, Relax, Renew	25 8:00-9:30 Vinyasa ~ Open 11:00-12:00 Vinyasa~ L1 12:30-2:30 Assisting Playshop \$\$ 2:00-4:00 Family Volunteer Day at the NC Food Bank (free!) 6:00-7:00 Pay What You Can Yoga
26 9:00-10:30 Deep Stretch 11:00-12:30 Flow & Stretch 1:00-2:00 Yoga Immersion & Teacher Training (200hr) info session—free! 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ L2 6:00-7:30 Yoga Foundations \$\$	27 9:30-11:00 Vinyasa ~ Open 12:15-1:15 Revival Lunch 5:30-6:30 Vinyasa ~ Open 7:00-8:15 Flow & Stretch	28 6:30-7:30 Early Bird Yoga \$10 8:00-8:45 Meditation (free!) 9:30-11:00 Freedom Style Yoga 11:30-12:30 StretchRestore \$10 1:00-2:00 Community Yoga (free!) 3:30-4:30 Women Over 50 5:30-6:30 Yin Practice 7:00-8:30 Power Flow	29 9:30-11:00 Vinyasa ~ Open 11:30-12:30 Yoga & Meditation \$10 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	<p>SH denotes an event that takes place at Studio Hargett Pilates, a short walk from our front door. See the website for details and directions.</p> <p>\$\$ denotes a workshop or special event that is NOT included in pass cards or memberships. For complete details, see the website.</p>		

This calendar represents the complete class and event schedule for February 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 double-click SCHEDULE to connect to our online scheduling system.

Drop-in \$16 • 10-pass \$130 • 50-pass \$550 • Annual Membership \$975

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