

# blue lotus • september 2017

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 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 5:30-6:30 Yin Yoga 7:00-8:30 Kundalini Yoga &amp; Meditation</p>	<p>2</p> <p>8:30-9:30 Strength &amp; Stability 10:00-11:00 Flow &amp; Stretch 11:15-12:15 Vinyasa~ L1</p> <p>1-2 Community Yoga (Free!)</p>
<p>3</p> <p>9:00-10:30 Deep Stretch</p> <p>2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open</p>	<p>4 LABOR DAY</p> <p>9:30-11:00 Vinyasa ~ Open</p>	<p>5</p> <p>6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow &amp; Stretch 9:30-11:00 Vinyasa ~ L2 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 Myofascial Release for Breath; Week 1</p>	<p>6</p> <p>6:30-7:30 Early Bird Yoga \$12 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>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 Restorative Yoga 7:00-8:30 Vinyasa ~ L2</p>	<p>8</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>9</p> <p>8:30-9:30 Strength &amp; Stability</p> <p>10-6 Yoga Immersion &amp; Teacher Training \$\$</p>
<p>10</p> <p>7-3:30 Yoga Immersion &amp; Teacher Training \$\$</p> <p>4:00-5:30 Vinyasa ~ Open</p>	<p>11</p> <p>6:30-7:30 Sacred Practice \$12 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 Restorative Yoga 7:00-8:15 Flow &amp; Stretch</p>	<p>12</p> <p>6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow &amp; Stretch 9:30-11:00 Vinyasa ~ L2 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 Myofascial Release for the Lower Body; Week 2</p>	<p>13</p> <p>6:30-7:30 Early Bird Yoga \$12 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>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 Restorative Yoga 7:00-8:30 Vinyasa ~ L2</p>	<p>15</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 5:30-6:30 Yin Yoga 7:00-8:30 Sacred Practice</p>	<p>16</p> <p>8:30-9:30 Strength &amp; Stability 10:00-11:00 Flow &amp; Stretch 11:15-12:15 Vinyasa~ L1</p> <p>2:30-5 Moving Grace Workshop\$\$</p> <p>6-7 Kirtan (by donation!)</p>
<p>17</p> <p>9:00-10:30 Deep Stretch 11:00-2:00 Heart of the Mindful Practice \$\$</p> <p>2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open</p> <p>6:00-7:00 Yoga by donation for Victims of Harvey</p>	<p>18</p> <p>6:30-7:30 Sacred Practice \$12 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 Restorative Yoga 7:00-8:15 Flow &amp; Stretch</p>	<p>19</p> <p>6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow &amp; Stretch 9:30-11:00 Vinyasa ~ L2 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 Myofascial Release for the Upper Body; Week 3</p>	<p>20</p> <p>6:30-7:30 Early Bird Yoga \$12 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>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 Restorative Yoga 7:00-8:30 Vinyasa ~ L2</p>	<p>22</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 5:30-6:30 Yin Yoga 7:00-8:00 Yoga Nidra</p>	<p>23</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 Keys to Breaking Samskaras &amp; Reclaiming Your Life\$\$ 3:00-4:00 Yoga in Espanol (by donation!)</p>
<p>24</p> <p>9:00-10:30 Deep Stretch 10-6 Therapeutic Yoga\$\$ 11:00-1:00 Sadhana</p> <p>2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open</p>	<p>25</p> <p>6:30-7:30 Sacred Practice \$12 8:00-9:00 Flow &amp; Stretch 9:30-11:00 Vinyasa ~ Open 10-6 Therapeutic Yoga\$\$ 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Slow Flow 5:30-6:30 Restorative Yoga 7:00-8:15 Flow &amp; Stretch with LIVE Music</p>	<p>26</p> <p>6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow &amp; Stretch 9:30-11:00 Vinyasa ~ L2 10-6 Therapeutic Yoga\$\$ 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 Myofascial Release for Better Posture; Week 4</p>	<p>27</p> <p>6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow &amp; Stretch 9:30-11:00 Vinyasa - Open 10-6 Therapeutic Yoga\$\$ 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>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 Restorative Yoga 7:00-8:30 Vinyasa ~ L2</p>	<p>29</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 5:30-6:30 Yin Yoga 7:00-8:30 Sadhana – Open Level</p>	<p>30</p> <p>8:30-9:30 Strength &amp; Stability 10:00-11:00 Flow &amp; Stretch 10-5 Thai Yoga Bodywork Foundational Flow Training 11:15-12:15 Vinyasa~ L1 12:30-2 Meditation 101</p> <p>2:30-3:30 Yoga by Donation to Support the FH Foundation</p>

This calendar represents the class and event schedule for september 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

blue lotus yoga & movement arts • 401 n. west street • raleigh, nc 27603 • 919.831.BLUE • [www.bluelotusnc.com](http://www.bluelotusnc.com)