

# blue lotus • march 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.  <i>Colored font indicates a workshop that is not held at blue lotus studio. See the website for details.</i></p>			<p><b>1 40 days of yoga</b>                      6:30-7:30 Early Bird Yoga\$12                      9:30-10:45 Vinyasa ~ Open                      12:00-1:00 Lunchtime Flow\$12                      1:45-2:45 Community Yoga (free!)</p> <p>4:00-5:00 Heated Flow                      5:30-6:30 Restorative Yoga                      7:00-8:30 Path to Samadhi</p>	<p><b>2 40 days of yoga</b>                      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                      7:00-8:00 Classic Rock Music Flow</p>	<p><b>3 40 days of yoga</b>                      8:30-9:30 Strength &amp; Stability                      10:00-11:00 Flow &amp; Stretch                      11:15-12:15 Vinyasa~ L1                      12:30-1:30 YTT info session (free!)</p> <p>2:00-4:00 Vision Board Workshop \$\$                      4:30-5:30 Community Yoga (free!)</p> <p>7:00-7:45 Kirtan – by donation!</p>
<p><b>4 40 days of yoga</b></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><b>5 40 days of yoga</b>                      6:30-7:30 Early Bird Yoga \$12                      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><b>6 40 days of yoga</b>                      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 II \$\$</p>	<p><b>7 40 days of yoga</b></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 &amp; Stretch</p>	<p><b>8 40 days of yoga</b>                      6:30-7:30 Early Bird Yoga\$12                      9:30-10:45 Vinyasa ~ Open                      12:00-1:00 Lunchtime Flow\$12                      1:45-2:45 Community Yoga (free!)</p> <p>4:00-5:00 Heated Flow                      5:30-6:30 Restorative Yoga                      7:00-8:30 Path to Samadhi</p>	<p><b>9 40 days of yoga</b>                      6:30-7:30 Early Bird Yoga\$12                      9:30-11:00 Vinyasa ~ Open</p> <p>12-8 <i>Yoga Immersion &amp; Teacher Training</i> \$\$</p>	<p><b>10 40 days of yoga</b></p> <p>8:30-9:30 Strength &amp; Stability</p> <p>10-6 <i>Yoga Immersion &amp; Teacher Training</i> \$\$</p>
<p><b>11 40 days of yoga</b></p> <p>7-3:30 <i>Yoga Immersion &amp; Teacher Training</i> \$\$</p> <p>4:00-5:30 Vinyasa ~ Open                      6:00-7:00 Restorative Yoga</p>	<p><b>12 40 days of yoga</b>                      6:30-7:30 Early Bird Yoga \$12                      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><b>13 40 days of yoga</b>                      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><b>14 40 days of yoga</b></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 &amp; Stretch</p>	<p><b>15 40 days of yoga</b>                      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 Path to Samadhi</p>	<p><b>16 40 days of yoga</b>                      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                      7:00-8:15 Candlelight Flow</p>	<p><b>17 40 days of yoga</b></p> <p>8:30-9:30 Strength &amp; Stability                      10:00-11:00 Flow &amp; Stretch                      11:15-12:15 Vinyasa~ L1</p>
<p><b>18 40 days of yoga</b></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><b>19 40 days of yoga</b>                      6:30-7:30 Early Bird Yoga \$12                      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><b>20 40 days of yoga</b>                      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 Yin Yoga</p>	<p><b>21 40 days of yoga</b></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 &amp; Stretch</p>	<p><b>22 40 days of yoga</b>                      6:30-7:30 Early Bird Yoga\$12                      9:30-10:45 Vinyasa ~ Open                      12:00-1:00 Lunchtime Flow\$12                      1:45-2:45 Community Yoga (free!)</p> <p>4:00-5:00 Heated Flow                      5:30-6:30 Restorative Yoga                      7:00-8:30 Path to Samadhi</p>	<p><b>23 40 days of yoga</b>                      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                      7:00-9:00 Building a Home Practice 101\$\$</p>	<p><b>24 40 days of yoga</b>                      8:30-9:30 Strength &amp; Stability                      10:00-11:00 Flow &amp; Stretch                      11:15-12:15 Vinyasa~ L1</p> <p>1:00-4:00 Self Care, Actually \$\$</p> <p>6:00-7:30 Trance Dance</p>
<p><b>25 40 days of yoga</b></p> <p>9:00-10:30 Deep Stretch                      11:00-1:00 Sadhana &amp; Sound Healing \$\$                      2:30-3:30 Vinyasa ~ L1</p> <p>4:00-5:30 Vinyasa ~ Open                      6:00-7:00 Restorative Yoga</p>	<p><b>26</b>                      6:30-7:30 Early Bird Yoga \$12                      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><b>27</b>                      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</p>	<p><b>28</b></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 &amp; Stretch</p>	<p><b>29</b>                      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 Path to Samadhi</p>	<p><b>30</b>                      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                      7:00-8:00 Yoga Nidra</p>	<p><b>31</b></p> <p>8:30-9:30 Strength &amp; Stability                      10:00-11:00 Flow &amp; Stretch                      11:15-12:15 Vinyasa~ L1</p> <p>12:30-2:30 Kapha Pacifying Sadhana                      4:00-5:00 Community Yoga (free!)</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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