

blueversary 7

Yoga by donation

February 7-9

All classes are being offered on a by-donation basis to support **Big Brothers Big Sisters of the Triangle**, which provides children facing adversity with strong, enduring, one-to-one relationships that change their lives for the better, forever.

Every donation you make enters your name into a drawing for gifts from local businesses.

Our goal is to raise **\$7,500**, which will **match 5 children for 1 year and support 100 children** who are waiting for a match.

LEARN MORE ABOUT

Big Brothers Big Sisters of the Triangle
@ bbbstriangle.org

Friday February 7th

- 7:30-8:30 Power Hour
- 9:30-11:00 Vinyasa - Open Level
- 12:00-1:00 Bliss Practice
- 4:00-4:45 Yoga for Kids, by Kids
- 5:15-6:15 Friday Flow
- 7:00-9:00 Veggie Potluck & Wine Tasting

Saturday February 8th

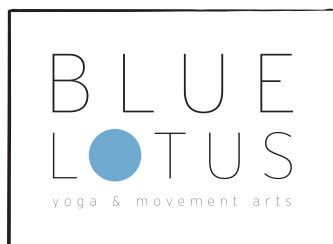
- 8:30-9:30 Vinyasa - Open Level
- 10:00-11:00 Gentle Yoga
- 11:30-12:30 Vinyasa - Level 1
- 1:00-2:00 Partner Yoga
- 2:30-3:30 Flow & Stretch
- 4:00-5:00 Bigs & Littles Yoga

Sunday February 9th

- 9:00-10:00 Deep Stretch
- 10:30-11:30 Flow & Stretch
- 12:00-1:00 Yoga for Healing
- 2:30-3:30 Vinyasa - Level 1
- 4:00-5:30 Vinyasa - Open Level



**holding
hands,
LIFTING
HEARTS**



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