

blueversary 7

February 7-9

Three days of by-donation yoga to support **Big Brothers Big Sisters of the Triangle**—your donation earns you a chance to win prizes from local businesses!

Earn 1 ticket for every \$10 donation
Earn 7 tickets for every \$50 donation

ALL PROCEEDS GO TO
Big Brothers Big Sisters of the Triangle.

All donations are entered into the grand prize drawings
(each valued at more than \$900):

BE BLUE: Annual membership to blue lotus

BE SOCIAL: Wine tasting and catering for 20 people,
courtesy of Total Wine and Empire Eats

BE HEALTHY: One assessment and two follow-up consults with
Carolina Nutrition Specialists;
Two massages with Alison Darch at RECONNECT;
10 training sessions with Richard Elwell at Studio Revolution

Donate at each class you attend to WIN!

Sunday, February 9 PRIZE LIST

9:00-10:00 Deep Stretch \$50 gift card to Ten Thousand Villages and onyx candle holder
Six-week session with The Ballet Burn®
Five group reformer classes at Bend Pilates

10:30-11:30 Flow & Stretch 60-minute healing session at Earthstar Healing Points
Spiritual Center
30-minute massage at Epona & Oak
\$50 gift certificate to Babylon

12:00-1:00 Yoga for Healing 75-minute massage with Christopher Grohs at Vigor + Vim
Three Colorpuncture therapy sessions with Yvonne Cropp
at BlissedOUT
60-minute healing session at Earthstar Healing Points
Spiritual Center

2:30-3:30 Vinyasa – Level 1 Yoga mat bag & eye pillow from Tittibha Prenatal Yoga School
60-minute massage with Kirsten Bachmann
\$50 gift certificate to Cameron Bar & Grill

4:00-5:30 Vinyasa – Open Level Two training sessions with Bo May at Studio Revolution
60-minute Kriya massage with BlissedOUT
\$20 gift card to Fiction Kitchen and \$25 gift card to The Station



**holding
hands,
LIFTING
HEARTS**

BLUE
LOTUS
yoga & movement arts

401 N. West Street
Raleigh, NC 27603
919-831-2583
bluelotusnc.com