

401 N. West Street
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BV8

February 6-8

Three days of yoga by-donation to support **CASA**—your donation earns you chances to win prizes from local businesses.

Earn **1** ticket for every
\$10 DONATION

Earn **7** tickets for every
\$50 DONATION

Each donation enters you into the Grand Prize Drawing on Sunday, Feb. 8 (each valued at more than \$900):



Grand Prize Drawings

- BE HOME:** Annual Membership to blue lotus
- BE RESTED:** La-Z-Boy Recliner Chair from the Urban Attitudes Collection
- BE WELL:** \$500 Studio Revolution Gift Certificate, Carolina Nutrition Specialists assessment and two follow-up consults, Loom Integrative Thai Yoga Studio session

Veggie Potluck & Wine Tasting Prize Drawings

Guess the Mala "Beans" Jar: Set of Mala Beads, Gift Basket - handmade cutting board, two bottles of wine from Raleigh Wine Shop, \$50 Gift Card from Midtown Olive Oil...and the jar of beans!

- Potluck Prize 1:** Private Wine Tasting for 20 people at Total Wine
- Potluck Prize 2:** Three-month membership and two personal training sessions at O2 Fitness
- Potluck Prize 3:** Gift Basket - \$150 Gift Certificate to Bella Monica Restaurant, pair of tickets to N.C. Theatre spring performance, bottle of wine, Escazú chocolate bars, scented candle

Class Prize Drawings

Throughout the weekend, after each class, your donations earn you chances to win prizes from these local businesses.

your favorite eats

18 Seaboard, Babylon, Café de los Muertos, Casa Carbone Ristorante Italiano, Centro, The Cupcake Shoppe, Empire Eats, Happy & Hale, Humble Pie, Humdinger Juice, Lucette Grace, Nourish Raleigh, PieBird, Wine Authorities, Yellow Dog Bread Co.

nurture your practice

blue lotus Yoga Foundations Seven-Week Series, Emily Mistr Hand-knitted Socks, Global Breath Studio MindBody Centering Yoga Therapy, Yoga Mat Bags from Tittibha Yoga Schools, YogaFest NC / You Call This Yoga

take care of your home

Arrowhead hand-crafted cherry wood serving board, Bed, Bath & Beyond, Bluebird Hill Farms, Home Depot, Jen Davis Yoga & Art, Julie Realon potted amaryllis, Lowe's Home Improvement, Logan Trading Company, Petite Simone Photography, Revival Antiques, Ten Thousand Villages, Williams-Sonoma

take care of you

Anna Ladd Coaching, Authentic Leadership International, Bacio-Salon, Beauty Ethics, Bend Pilates, blissedOUT, Carolina Ballet, Carolina Therapeutic Massage Center, Comprehensive Dental Care - Rich, Smith & Tart, Edge of Urge, Gena Chandler, Gin Burchfield Massage & Ayurveda, Heather Bree Acupuncture, Kate Whitney Spiritual Session, Larisa Lotz TRX Sessions, Leilani Walker Meditation, Love is Life apparel, lululemon athletica, Makena Skin Care, Trudi Taylor Stress Reduction Massage

BEHOMENOW