BE HOME NOW

February 6–8

Join blue lotus for our 8th anniversary celebration and support CASA!

CASA, like the blue, is about **HOME.**

For the past eight years, we've been Raleigh's yoga home. For over 22 years, **CASA** has been providing affordable housing for many who otherwise would never have a place to call home: people with disabilities, veterans, and the workforce population.

Join us for **blueversary 8** with 17 classes by donation to benefit **CASA**. Each donation you make enters your name into drawings for gifts from local businesses.

Do your practice.
Celebrate the blue community. Give back.

LEARN MORE ABOUT
Community Alternatives for Supportive Abodes
@ casanc.org

yoga by donation

Friday February 6th

6:30–7:00	Dawn Choir
7:30-8:30	Morning Practice
9:30-11:00	Vinyasa ~ Open Level
12:00-1:00	Lunchtime Flow
5:00-6:00	Yin Yoga
7:00-9:00	Veggie Potluck & Wine Tasting

Saturday February 7th

8:30–9:30	Vinyasa ~ Open Level
10:00–11:00	Gentle Yoga
11:30–12:30	Vinyasa ~ Level I
1:00–2:30	Vinyasa ~ Level 2
3:00-4:00	Flow & Stretch
4:30–5:30	Heated Flow

Sunday February 8th

8:00-9:00	Early Bird Yoga
9:30-10:30	Deep Stretch
11:00-12:00	Kundalini Yoga
12:30-1:30	Yoga for Healing
2:30-3:30	Vinyasa ~ Level I
4:00-5:30	Vinyasa ~ Open Level



BV8 BLUE LOTUS yoga & movement arts

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

PRINTING BY DIGITAL POWER

CASA