

blue lotus • april 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1EASTER 9:00-10:30 Deep Stretch 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open	2 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	3 6:30-7:30 Early Bird Yoga \$12 10:00-11:00 Heated Flow 12:00-1:00 Lunchtime Flow\$12 1:30-2:30 Community Yoga (free!) 4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations	4 9:30-11:00 Vinyasa - Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	5 6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Advanced Practice 12-1:00 Lunchtime Flow \$12 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga	6 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12:00-9:00 <i>Yoga Immersion & Teacher Training</i> \$\$	7 8:30-9:30 Strength & Stability 10:00- 7:00 <i>Yoga Immersion & Teacher Training</i> \$\$
8 8:00 3:30 <i>Yoga Immersion & Teacher Training</i> \$\$ 4:00-5:30 Vinyasa ~ Open	9 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	10 6:30-7:30 Early Bird Yoga \$12 10:00-11:00 Heated Flow 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations	11 9:30-11:00 Vinyasa - Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	12 6:30-7:30 Early Bird Yoga\$12 9:30-10:45 Advanced Practice 12:00-1:00 Lunchtime Flow\$12 1:45-2:45 Community Yoga (free!) 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga	13 6:30-7:30 Early Bird Yoga\$12 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 1:30-8:30 Refine & Align \$\$	14 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 12:30-7:30 Refine & Align \$\$
15 9:00-3:30 Refine & Align \$\$ 4:00-5:30 Vinyasa ~ Open 6:00-8:00 Kirtan ~ Rick Franz \$\$	16 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	17 6:30-7:30 Early Bird Yoga \$12 10:00-11:00 Heated Flow 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations	18 9:30-11:00 Vinyasa - Open 4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	19 6:30-7:30 Early Bird Yoga\$12 9:30-10:45 Advanced Practice 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga	20 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 4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga 7:00-8:30 Sadhana – Open Level	21 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 1:00-3:00 Refine Your Asana\$\$ 3:30-5:30 Refine Your Assisting\$\$ 6:00-7:00 Kirtan by donation!
22 9:00-10:30 Deep Stretch 11:00-2:00 Yoga for Osteoporosis \$\$ 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open	23 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	24 6:30-7:30 Early Bird Yoga \$12 10:00-11:00 Heated Flow 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations	25 9:30-11:00 Vinyasa - Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	26 6:30-7:30 Early Bird Yoga\$12 9:30-10:45 Advanced Practice 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga	27 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 4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga 7:00-8:00 Yoga Nidra	28 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 12:30-2:30 Approachable Inversions Workshop\$\$ 4-5 Community Restorative Yoga (free!)
29 9:00-10:30 Deep Stretch 11:00-1:00 Kundalini Yoga and Sound Healing \$\$ 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open	30 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch			\$\$ denotes a workshop or special event that is NOT included in pass cards or memberships. For complete details, see the website.		

This calendar represents the class and event schedule for April 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 and double-click SCHEDULE to connect to our online scheduling system.

Drop-in \$16 • 10-pass \$135 • One-month unlimited \$155 • 50-pass \$575 • Annual Membership \$1,018

blue lotus yoga & movement arts • 401 n. west street • raleigh, nc 27603 • 919.831.BLUE • www.bluelotusnc.com

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6:30-7:30 Early Bird Yoga \$12 10:00-11:00 Heated Flow 12-1:00 Lunchtime Flow \$12 4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations	2 9:30-11:00 Vinyasa - Open 12-1:00 Lunchtime Flow \$12 4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	3 6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Advanced Practice 12-1:00 Lunchtime Flow \$12 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga	4 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 11:30-9 <i>Yoga Immersion & Teacher Training</i> \$\$	5 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:30-6:30 <i>Yoga Immersion & Teacher Training</i> \$\$ 7-8:00 Kirtan – by donation!
6 9:00-10:30 Deep Stretch 11:00-3:30 <i>Yoga Immersion & Teacher Training</i> \$\$ 4:00-5:30 Vinyasa ~ Open	7 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12-1:00 Lunchtime Flow \$12 4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	8 6:30-7:30 Early Bird Yoga \$12 10:00-11:00 Heated Flow 12-1:00 Lunchtime Flow \$12 4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations	9 9:30-11:00 Vinyasa - Open 12-1:00 Lunchtime Flow \$12 4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	10 6:30-7:30 Early Bird Yoga \$12 12 - 1:00 Lunchtime Flow \$12 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga	11 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12-1:00 Lunchtime Flow \$12 2-3 Pay What You Can Yoga 4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga 7-8:30 Trance Dance – by donation!	12 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 3:00-5:00 Moving Grace \$\$
13 9:00-10:30 Deep Stretch 11:00 -1:00 Kundalini Yoga and Sound Healing \$\$ 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open	14 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12-1:00 Lunchtime Flow \$12 4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	15 6:30-7:30 Early Bird Yoga \$12 10:00-11:00 Heated Flow 12-1:00 Lunchtime Flow \$12 4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7-8:15 Reclaiming Equanimity	16 9:30-11:00 Vinyasa - Open 12-1:00 Lunchtime Flow \$12 4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	17 6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Advanced Practice 12-1:00 Lunchtime Flow \$12 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga	18 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12-1:00 Lunchtime Flow \$12 2-3 Pay What You Can Yoga 4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yin & Yang Practice	19 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 1:00-6:30 Sanskrit Revolution\$\$ 7 - 8:00 Kirtan – by donation!
20 9:00-2:30 Sanskrit Revolution\$\$ 4:00-5:30 Vinyasa ~ Open	21 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12-1:00 Lunchtime Flow \$12 4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	22 6:30-7:30 Early Bird Yoga \$12 10:00-11:00 Heated Flow 12-1:00 Lunchtime Flow \$12 1:30-2:30 Community Yoga-free 4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7-8:15 Reclaiming Equanimity	23 9:30-11:00 Vinyasa - Open 12-1:00 Lunchtime Flow \$12 4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	24 6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Advanced Practice 12-1:00 Lunchtime Flow \$12 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga	25 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12-1:00 Lunchtime Flow \$12 2-3 Pay What You Can Yoga 4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga 7:00-8:00 Yoga Nidra	26 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 1-2 Community Yoga - Free!
27 9:00-10:30 Deep Stretch 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open	28 MEMORIAL DAY 9:30-11:00 Vinyasa ~ Open	29 6:30-7:30 Early Bird Yoga \$12 10:00-11:00 Heated Flow 12-1:00 Lunchtime Flow \$12 4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7-8:15 Reclaiming Equanimity	30 9:30-11:00 Vinyasa - Open 12-1:00 Lunchtime Flow \$12 4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	31 6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Advanced Practice 12-1:00 Lunchtime Flow \$12 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga	\$\$ denotes a workshop or special event that is NOT included in pass cards or memberships. For complete details, see the website.	

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