

# blue lotus • february 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>\$\$ denotes a workshop or special event that is NOT included in pass cards or memberships. For complete details, see the website.</p> <p><i>Colored font indicates a workshop that is not held at blue lotus studio. See the website for details.</i></p>				<p>1</p> <p>6:30-7:30 Early Bird Yoga\$12 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Tantric Meditation \$\$</p>	<p>2</p> <p>6:30-7:30 Early Bird Yoga\$12 9:30-11:00 Vinyasa ~ Open</p> <p>12-8 Yoga Immersion &amp; Teacher Training \$\$</p>	<p>3</p> <p>8:30-9:30 Strength &amp; Stability</p> <p>10-6 Yoga Immersion &amp; Teacher Training \$\$</p>
<p>4</p> <p>7-3:30 Yoga Immersion &amp; Teacher Training \$\$</p> <p>4:00-5:30 Vinyasa ~ Open 6:00-7:00 Restorative Yoga</p>	<p>5</p> <p>6:30-7:30 Sacred Practice 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow &amp; Stretch</p>	<p>6</p> <p>6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations \$\$</p>	<p>7</p> <p>9:30-11:00 Vinyasa - Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow &amp; Stretch</p>	<p>8</p> <p>6:30-7:30 Early Bird Yoga\$12 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 1:30-2:30 Community Yoga (free!)</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Tantric Meditation \$\$</p>	<p>9</p> <p>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</p> <p>4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga</p>	<p>10 BVXI * All classes by donation</p> <p>7:00-8:00 EarlyBird Yoga 8:30-9:30 Strength &amp; Stability 10:00-11:00 Vinyasa ~ Open 11:30-12:30 Vinyasa ~ L1 1:00-2:00 Yin Yoga 2:30-3:30 Family Yoga 4:00-5:30 Candlelight Flow &amp; Stretch ~ With LIVE music!</p>
<p>11 BVXI * All classes by donation!</p> <p>9:00-10:30 Deep Stretch 11:00-12:00 Yin Yoga 12:30-1:30 Vinyasa ~ Open 2:30-3:30 Vinyasa L1 4:00-5:30 Sadhana &amp; Sound Healing 6:00-7:00 Restorative Yoga</p>	<p>12</p> <p>6:30-7:30 Sacred Practice</p> <p>9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow &amp; Stretch</p>	<p>13</p> <p>6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga</p>	<p>14 40 days of yoga</p> <p>9:30-11:00 Vinyasa - Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow &amp; Stretch</p>	<p>15 40 days of yoga</p> <p>6:30-7:30 Early Bird Yoga\$12</p> <p>9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Tantric Meditation \$\$</p>	<p>16 40 days of yoga</p> <p>6:30-7:30 Early Bird Yoga\$12</p> <p>9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 2-3 Pay What You Can Yoga</p> <p>4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga 7-9:00 Yamas &amp; Niyamas \$\$</p>	<p>17 40 days of yoga</p> <p>8:30-9:30 Strength &amp; Stability 10:00-11:00 Flow &amp; Stretch 11:15-12:15 Vinyasa~ L1</p> <p>4:00-5:00 Community Yoga (free!)</p> <p>7-7:45 Kirtan – by donation!</p>
<p>18 40 days of yoga</p> <p>9:00-10:30 Deep Stretch 11:00-1:00 Sadhana</p> <p>2:30-3:30 Vinyasa ~ L1</p> <p>4:00-5:30 Vinyasa ~ Open 6:00-7:00 Restorative Yoga</p>	<p>19 40 days of yoga</p> <p>6:30-7:30 Sacred Practice 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow &amp; Stretch</p>	<p>20 40 days of yoga</p> <p>6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 1:15-2:15 Community Yoga (free!)</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations II \$\$</p>	<p>21 40 days of yoga</p> <p>9:30-11:00 Vinyasa - Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow &amp; Stretch</p>	<p>22 40 days of yoga</p> <p>6:30-7:30 Early Bird Yoga\$12 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 1:30-2:30 Community Yoga (free!)</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Tantric Meditation \$\$</p>	<p>23 40 days of yoga</p> <p>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</p> <p>4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga 7-8:30 Kundalini Yoga &amp; Meditation</p>	<p>24 40 days of yoga</p> <p>8:30-9:30 Strength &amp; Stability 10:00-11:00 Flow &amp; Stretch 11:15-12:15 Vinyasa~ L1 12:30-1:45 Refine Your Asana\$\$ 2:00-3:30 Refine Your Assisting\$\$</p>
<p>25 40 days of yoga</p> <p>9:00-10:30 Deep Stretch</p> <p>2:30-3:30 Vinyasa ~ L1</p> <p>4:00-5:30 Vinyasa ~ Open 6:00-7:00 Restorative Yoga</p>	<p>26 40 days of yoga</p> <p>6:30-7:30 Sacred Practice 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow &amp; Stretch</p>	<p>27 40 days of yoga</p> <p>6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 1:30-2:30 Community Yoga (free!)</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations II \$\$</p>	<p>28 40 days of yoga</p> <p>9:30-11:00 Vinyasa - Open 12:00-1:00 Lunchtime Flow\$12</p> <p>4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow &amp; Stretch</p>			

This calendar represents the class and event schedule for this month 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](http://www.bluelotusnc.com) and click SCHEDULE.

Drop-in \$16 • 10-pass \$135 • One-month unlimited \$155 • 50-pass \$575 • Annual Membership \$1018

blue lotus yoga & movement arts • 401 n. west street • raleigh, nc 27603 • 919.831.BLUE • [www.bluelotusnc.com](http://www.bluelotusnc.com)