

# blue lotus • december 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>31 New Years Eve</b>  9:00-10:30 Deep Stretch  11:00-12:30 NYE Firebowl 2:30-3:30 Vinyasa ~ L1	<b>\$\$ denotes a workshop or special event that is NOT included in pass cards or memberships. For complete details, see the website.</b>  <i>Colored font indicates a workshop that is not held at blue lotus studio. See the website for details.</i>				<b>1</b> 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 7:00-9:00 Teaching Soul \$\$	<b>2</b>  8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1  1:00-6:00 Teaching Soul \$\$
<b>3</b>  9:00-2:00 Teaching Soul \$\$  2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open	<b>4</b> 6:30-7:30 Sacred Practice  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	<b>5</b> 6:30-7:30 Early Bird Yoga \$12  9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12  4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Tis the Season\$\$	<b>6</b>  8:00-9:00 Flow & Stretch 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	<b>7</b> 6:30-7:30 Early Bird Yoga\$12  9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12  4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Journey Through the Chakras	<b>8</b> 6:30-7:30 Early Bird Yoga\$12  9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12  2-9 Yoga Immersion & Teacher Training \$\$	<b>9</b>  8:30-9:30 Strength & Stability  <i>10-6 Yoga Immersion &amp; Teacher Training \$\$</i>
<b>10</b>  <i>7-3:30 Yoga Immersion &amp; Teacher Training \$\$</i>  4:00-5:30 Vinyasa ~ Open	<b>11</b> 6:30-7:30 Sacred Practice  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	<b>12</b> 6:30-7:30 Early Bird Yoga \$12  9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12  4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Tis the Season\$\$	<b>13</b>  8:00-9:00 Flow & Stretch 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	<b>14</b> 6:30-7:30 Early Bird Yoga\$12  9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12  4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Journey Through the Chakras	<b>15</b> 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	<b>16</b>  8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1  12:30- 2:30 Pranayama Workshop\$\$  3:00-4:15 Candle Light Flow
<b>17</b>  9:00-10:30 Deep Stretch 11:00-1:00 Sunday Sadhana  2:30-3:30 Vinyasa ~ L1  4:00-5:30 Vinyasa ~ Open 6:00-8:00 Stepping into Winter - Kundalini Yoga & Gong Meditation \$\$	<b>18</b> 6:30-7:30 Sacred Practice  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 7:00-8:30 Flow & Stretch with LIVE Music!	<b>19</b> 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!)  4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Tis the Season\$\$	<b>20</b>  8:00-9:00 Flow & Stretch 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	<b>21</b> 6:30-7:30 Early Bird Yoga\$12  9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12  4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Vinyasa ~ Open	<b>22</b> 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 Yin & Yang Practice	<b>23</b>  8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 12:30-1:30 Community Yoga (free!)
<b>24 Christmas Eve</b>  10:00-11:15 Vinyasa – by donation to support CASA	<b>25 Christmas Day</b>  1:00-2:15 Unwinding Flow	<b>26</b>  9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12  4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga	<b>27</b>  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	<b>28</b> 6:30-7:30 Early Bird Yoga\$12  9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12  4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Vinyasa ~ Open	<b>29</b> 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	<b>30</b>  8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1

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)