

blue lotus • may 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6:30-7:30 Early Bird Yoga \$10 8:00-8:45 Meditation (free!) 9:30-11:00 Vinyasa ~ Open 11:30-12:30 StretchRestore \$10 3:30-4:30 Women Over 50 5:30-6:30 Yin Practice 7:15-8:30 Guided Practice	2 9:30-11:00 Vinyasa ~ Open 11:30-12:30 Yoga&Meditation\$10 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	3 6:30-7:30 Early Bird Yoga \$10 9:30-10:45 Warrior Hour 11:30-12:30 Vinyasa~L1 \$10 5:30-6:30 Stretch & Restore SH 6:00-7:30 Yoga Foundations \$\$ 7:00-8:30 Vinyasa ~ L2	4 9:30-11:00 Vinyasa ~ Open 5:00-6:00 Friday Flow 6:30-8:00 Teen Yoga	5 8:00-10:00 Juicy Flow Yoga 11:00-12:00 Vinyasa~ L1 12:30-1:30 Community Yoga (free!) 6:00-7:00 Pay What You Can Yoga
6 9:00-10:30 Deep Stretch 11:00-12:00 Stretch & Restore 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ L2 6-7:30 Yoga Foundations \$\$	7 9:30-11:00 Vinyasa ~ Open 12:15-1:15 Revival Lunch\$10 5:30-6:30 Vinyasa ~ Open 7:00-8:15 Flow & Stretch	8 6:30-7:30 Early Bird Yoga \$10 8:00-8:45 Meditation (free!) 9:30-11:00 Vinyasa ~ Open 11:30-12:30 StretchRestore \$10 3:30-4:30 Women Over 50 5:30-6:30 Yin Practice 7:15-8:30 Guided Practice	9 9:30-11:00 Vinyasa ~ Open 11:30-12:30 Yoga&Meditation\$10 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	10 6:30-7:30 Early Bird Yoga \$10 9:30-10:45 Warrior Hour 11:30-12:30 Vinyasa~L1 \$10 5:30-6:30 Stretch & Restore SH 6:00-7:30 Yoga Foundations \$\$ 7:00-8:30 Vinyasa ~ L2	11 9:30-11:00 Vinyasa ~ Open 5:00-6:00 Friday Flow 6:30-8:00 Restorative Yoga	12 8:00-9:30 Vinyasa ~ Open 11:00-12:00 Vinyasa~ L1 6:00-7:00 Pay What You Can Yoga
13 9:00-10:30 Deep Stretch 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ L2 6-7:30 Yoga Foundations \$\$	14 9:30-11:00 Vinyasa ~ Open 12:15-1:15 Revival Lunch\$10 5:30-6:30 Vinyasa ~ Open 7:00-8:15 Flow & Stretch	15 6:30-7:30 Early Bird Yoga \$10 8:00-8:45 Meditation (free!) 9:30-11:00 Vinyasa ~ Open 11:30-12:30 StretchRestore \$10 3:30-4:30 Women Over 50 5:30-6:30 Yin Practice 7:15-8:30 Guided Practice	16 9:30-11:00 Vinyasa ~ Open 11:30-12:30 Yoga&Meditation\$10 5:30-6:30 Vinyasa ~ L1 6:30-9:30 Master Class: Tamal \$\$	17 6:30-7:30 Early Bird Yoga \$10 9:30-10:45 Warrior Hour 11:30-12:30 Vinyasa~L1 \$10 5:30-6:30 Stretch & Restore SH 6:00-7:30 Yoga Foundations \$\$ 7:00-8:30 Vinyasa ~ L2	18 9:30-11:00 Vinyasa ~ Open SH 12:00-9:00 Anatomy Essentials \$\$ 5:00-6:00 Friday Flow 6:30-8:00 Candlelight Flow	19 8:00-9:30 Vinyasa ~ Open SH 10:00-6:00 Anatomy Essentials \$\$ 11:00-12:00 Vinyasa~ L1 12:30-2:00 Vinyasa~ L2/3 2:30-5:30 Meditation Retreat \$\$ 6:00-7:00 Pay What You Can Yoga
20 9:00-10:30 Deep Stretch SH 8:00-4:00 Anatomy Essentials \$\$ 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ L2	21 9:30-11:00 Vinyasa ~ Open 12:15-1:15 Revival Lunch 5:30-6:30 Vinyasa ~ Open 7:00-8:15 Flow & Stretch	22 6:30-7:30 Early Bird Yoga \$10 8:00-8:45 Meditation (free!) 9:30-11:00 Vinyasa ~ Open 11:30-12:30 StretchRestore \$10 3:30-4:30 Women Over 50 5:30-6:30 Yin Practice 7:15-8:30 Guided Practice	23 9:30-11:00 Vinyasa ~ Open 11:30-12:30 Yoga&Meditation\$10 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	24 6:30-7:30 Early Bird Yoga \$10 9:30-10:45 Warrior Hour 11:30-12:30 Vinyasa~L1 \$10 5:30-6:30 Stretch & Restore SH 6:00-7:30 Yoga Explorations \$\$ 7:00-8:30 Vinyasa ~ L2	25 9:30-11:00 Vinyasa ~ Open 5:00-6:00 Friday Flow 6:30-8:00 Yoga Nidra	26 8:00-9:30 Vinyasa ~ Open SH 9:30-10:30 Community Yoga (free!) 11:00-12:00 Vinyasa~ L1 6:00-7:00 Pay What You Can Yoga
27 9:00-10:30 Deep Stretch 11:00-12:30 Flow & Stretch 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ L2 6-7:30 Yoga Foundations \$\$	28 9:30-11:00 Vinyasa ~ Open 12:15-1:15 Revival Lunch\$10 5:30-6:30 Vinyasa ~ Open 7:00-8:15 Flow & Stretch	29 6:30-7:30 Early Bird Yoga \$10 8:00-8:45 Meditation (free!) 9:30-11:00 Vinyasa ~ Open 11:30-12:30 StretchRestore \$10 3:30-4:30 Women Over 50 5:30-6:30 Yin Practice 7:15-8:30 Guided Practice	30 9:30-11:00 Vinyasa ~ Open 11:30-12:30 Yoga&Meditation\$10 1:00-4:00 Kids Yoga & Art \$ 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	31 6:30-7:30 Early Bird Yoga \$10 9:30-10:45 Warrior Hour 11:30-12:30 Vinyasa~L1 \$10 5:30-6:30 Stretch & Restore SH 6:00-7:30 Yoga Explorations \$\$ 7:00-8:30 Vinyasa ~ L2	SH denotes an event that takes place at Studio Hargett Pilates , a short walk from our front door. See the website for details and directions.	

\$\$ 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 complete class and event schedule for February 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 \$130 • 50-pass \$550 • Annual Membership \$975