

blue lotus • may 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:30-7:15 Early Bird Express\$12 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Slow Flow 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	2 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 9:30-11:00 Vinyasa ~ L2 11:30-12:30 Lunchtime Flow \$12 4:00-5:00 Heated Flow 5:30-6:30 Yin Practice 7:00-8:30 Yoga Foundations \$	3 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 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	4 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Flow & Stretch 9:30-10:45 Vinyasa ~ Open 11:30-12:30 Vinyasa ~ L1 \$12 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Vinyasa ~ L2 6-8:30 E Practice Chakra \$\$	5 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 4-9 Yoga Immersion & Teacher Training \$\$	6 8:30-9:30 Vinyasa ~ Open 9-9:45 Open Meditation (free!) at Lou & Grey ~ North Hills 10-6 Yoga Immersion & Teacher Training \$\$
7 9:00-10:30 Deep Stretch 11-3:30 Yoga Immersion & Teacher Training \$\$ 4:00-5:00 Vinyasa ~ Open 5:30-6:30 Restorative Yoga	8 6:30-7:15 Early Bird Express\$12 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Slow Flow 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	9 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 9:30-11:00 Vinyasa ~ L2 11:30-12:30 Lunchtime Flow\$12 2-3 Community Yoga (free!) 4:00-5:00 Heated Flow 5:30-6:30 Yin Practice 7:00-8:30 Yoga for Anxiety\$\$	10 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 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	11 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Flow & Stretch 9:30-10:45 Vinyasa ~ Open 11:30-12:30 Vinyasa ~ L1 \$12 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Vinyasa ~ L2	12 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 6:45-8:00 Vinyasa ~ Open	13 8:30-9:30 Vinyasa ~ Open 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 6-7 Kirtan – by donation!
14 2:30-3:30 Vinyasa ~ L1 4:00-5:00 Vinyasa ~ Open 5:30-6:30 Restorative Yoga	15 6:30-7:15 Early Bird Express\$12 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Slow Flow 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	16 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 9:30-11:00 Vinyasa ~ L2 11:30-12:30 Lunchtime Flow\$12 4:00-5:00 Heated Flow 5:30-6:30 Yin Practice 7:00-8:30 Yoga for Anxiety\$\$	17 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 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	18 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Flow & Stretch 9:30-10:45 Vinyasa ~ Open 11:30-12:30 Vinyasa ~ L1 \$12 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Vinyasa ~ L2	19 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 6:45-8:00 Kundalini Yoga & Meditation	20 8:30-9:30 Vinyasa ~ Open 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 1-2 Community Yoga (free!) 2:30-3:30 Prenatal Yoga 4-5 Community Yoga (free!)
21 9:00-10:30 Deep Stretch 12:00-1:30 Kundalini Yoga & Meditation 2:30-3:30 Vinyasa ~ L1 4:00-5:00 Vinyasa ~ Open 5:30-6:30 Restorative Yoga	22 6:30-7:15 Early Bird Express\$12 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Slow Flow 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch with LIVE MUSIC	23 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 9:30-11:00 Vinyasa ~ L2 11:30-12:30 Lunchtime Flow\$12 4:00-5:00 Heated Flow 5:30-6:30 Yin Practice 7:00-8:30 Yoga for Anxiety\$\$	24 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 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	25 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Flow & Stretch 9:30-10:45 Vinyasa ~ Open 11:30-12:30 Vinyasa ~ L1 \$12 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Vinyasa ~ L2	26 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 6:45-8:00 Yoga Nidra	27 8:30-9:30 Vinyasa ~ Open 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 1-2pm Community Yoga (free!) 2:30-3:30 Prenatal Yoga 4-5:30 Myofascial Release
28 9:00-10:30 Deep Stretch 2:30-3:30 Vinyasa ~ L1 4:00-5:00 Vinyasa ~ Open	29 Memorial Day 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 4:00-5:00 Slow Flow	30 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 9:30-11:00 Vinyasa ~ L2 11:30-12:30 Lunchtime Flow\$12 2-3 Community Yoga (free!) 4:00-5:00 Heated Flow 5:30-6:30 Yin Practice 7:00-8:30 Yoga for Anxiety\$\$	31 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 Slow Flow 5:30-6:30 Vinyasa ~ L1 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. Colored font indicates a workshop that is not held at blue lotus studio. See the website for details.		

This calendar represents the class and event schedule for May 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

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