

blue lotus • june 2017

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 8:00-9:00 Flow & Stretch 9:30-10:45 Vinyasa ~ Open 11:30-12:30 Vinyasa ~ L1 \$12</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Vinyasa ~ L2</p>	<p>2</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</p> <p>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 <i>What's Next Retreat \$\$</i></p>	<p>3</p> <p>8:30-9:30 Vinyasa ~ Open 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 12:30-2 Myofascial Release</p> <p>2:30-4:30 Yin/Yang: Turning Fear Into Wisdom\$\$ 6-7 Kirtan – By Donation! <i>What's Next Retreat \$\$</i></p>
<p>4</p> <p>9-10:30 Deep Stretch</p> <p>12:00-1:30 Kundalini Yoga & Meditation 2:30-3:30 Vinyasa ~ L1</p> <p>4:00-5:00 Vinyasa ~ Open 5:30-6:30 Community Yoga <i>What's Next Retreat \$\$</i></p>	<p>5</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 Restorative Yoga 7:00-8:15 Flow & Stretch</p>	<p>6</p> <p>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</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga</p>	<p>7</p> <p>6:30-7:30 Early Bird Yoga\$12</p> <p>9:30-11:00 Deep Stretch 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 & Stretch</p>	<p>8</p> <p>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</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Vinyasa ~ L2</p>	<p>9</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</p> <p>2-3 Pay What You Can Yoga 4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga 6:45-8:15 Druminyasa – 5 Elements Flow \$\$</p>	<p>10</p> <p>8:30-9:30 Vinyasa ~ Open 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 1:00-2:00 Community Yoga (free!)</p> <p>2:30-3:30 Prenatal Yoga</p>
<p>11</p> <p>9:00-10:30 Deep Stretch 11:00-1:00 Sadhana</p> <p>2:30-3:30 Vinyasa ~ L1 4:00-5:00 Vinyasa ~ Open 5:30-6:30 Community Yoga</p>	<p>12</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 Restorative Yoga 7:00-8:15 Flow & Stretch</p>	<p>13</p> <p>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</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Myofascial Release</p>	<p>14</p> <p>6:30-7:30 Early Bird Yoga\$12</p> <p>9:30-11:00 Deep Stretch 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 & Stretch</p>	<p>15</p> <p>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</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Vinyasa ~ L2</p>	<p>16</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</p> <p>2-3 Pay What You Can Yoga 5-9pm Y12SR\$\$</p>	<p>17</p> <p>8:30-9:30 Vinyasa ~ Open 10:00-11:00 Flow & Stretch</p> <p>11:30-7:30pm Y12SR\$\$</p>
<p>18</p> <p>8-3pm Y12SR\$\$</p> <p>4:00-5:00 Vinyasa ~ Open 5:30-6:30 Community Yoga</p>	<p>19</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 Restorative Yoga 7:00-8:15 Flow & Stretch with LIVE Music</p>	<p>20</p> <p>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</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Guided Practice</p>	<p>21</p> <p>6:30-7:30 Early Bird Yoga\$12</p> <p>9:30-11:00 Deep Stretch 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 & Stretch</p>	<p>22</p> <p>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</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Vinyasa ~ L2</p>	<p>23</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</p> <p>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</p>	<p>24</p> <p>8:30-9:30 Vinyasa ~ Open 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1</p> <p>1:00-4:00 Teaching Beginners, Part 2 \$\$</p>
<p>25</p> <p>9:00-10:30 Deep Stretch 11:30-2:00 Kundalini Intensive: Summer Solstice Practice \$\$</p> <p>2:30-3:30 Vinyasa ~ L1 4:00-5:00 Vinyasa ~ Open 5:30-6:30 Community Yoga</p>	<p>26</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 Restorative Yoga 7:00-8:15 Flow & Stretch</p>	<p>27</p> <p>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</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Guided Practice</p>	<p>28</p> <p>6:30-7:30 Early Bird Yoga\$12</p> <p>9:30-11:00 Deep Stretch 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 & Stretch</p>	<p>29</p> <p>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</p> <p>4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Vinyasa ~ L2</p>	<p>30</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</p> <p>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</p>	

This calendar represents the class and event schedule for June 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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