

# blue lotus • july 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00-10:30 Deep Stretch  2:30-3:30 Vinyasa ~ L1  4:00-5:30 Vinyasa ~ Open	2 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open  12-1:00 Lunchtime Flow \$12  4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	3 6:30-7:30 Early Bird Yoga \$12 8:00-8:45 Power Flow \$12  12-1:00 Lunchtime Flow \$12  4:00-5:00 Heated Flow  5:30-6:30 Yin Yoga	4 INDEPENDENCE DAY!  9:30-11:00 Freedom Flow (by-donation)	5 6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Advanced Practice  12-1:00 Lunchtime Flow \$12  4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga  7:00-8:15 Yoga Nidra	6 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12-1:00 Lunchtime Flow \$12 2-3 Pay What You Can Yoga  4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga  7-8:30 Sacred Vibration Flow	7 8:30-9:30 Strength & Stability  10:00-11:00 Flow & Stretch  11:15-12:15 Vinyasa~ L1  1-2 Community Yoga – free!
8 9:00-10:30 Deep Stretch  2:30-3:30 Vinyasa ~ L1  4:00-5:30 Vinyasa ~ Open	9 6:30-7:30 Early Bird Yoga \$12  9:30-11:00 Vinyasa ~ Open  12-1:00 Lunchtime Flow \$12  4:00-5:00 Gentle Yoga 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	10 6:30-7:30 Early Bird Yoga \$12 8:00-8:45 Power Flow \$12  12-1:00 Lunchtime Flow \$12  4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga  7-8:30 Mindful Living: To Ease Pain and Distress	11  9:30-11:00 Vinyasa - Open  12-1:00 Lunchtime Flow \$12  4:00-5:00 Slow Flow  5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	12 6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Advanced Practice  12-1:00 Lunchtime Flow \$12  4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga  7:00-8:30 Yoga Foundations	13 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12-1:00 Lunchtime Flow \$12 2-3 Pay What You Can Yoga  4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga  7-8:15 Candlelight Flow	14 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1  1:00 – 4:00 Teaching Beginners Part 2 \$\$ 4:30-5:30 Community Yoga --free! 7:00-8:00 Kirtan – by donation
15 9:00-10:30 Deep Stretch  11:00-1:00 Sadhana  2:30-3:30 Vinyasa ~ L1  4:00-5:30 Vinyasa ~ Open	16 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12-1:00 Lunchtime Flow \$12  4:00-5:00 Gentle Yoga  5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	17 6:30-7:30 Early Bird Yoga \$12 8:00-8:45 Power Flow \$12  12-1:00 Lunchtime Flow \$12  4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7-8:15 Music Flow – Bob Marley	18  9:30-11:00 Vinyasa - Open 12-1:00 Lunchtime Flow \$12  4:00-5:00 Slow Flow  5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	19 6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Advanced Practice 12-1:00 Lunchtime Flow \$12 1:30-2:30 Community Yoga – Free 4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Yoga Foundations	20 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open 12-1:00 Lunchtime Flow \$12 2-3 Pay What You Can Yoga  4:00-5:00 Friday Flow 5:30-6:30 Yin Yoga	21 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1  1:00-3:00 Refine Your Asana Session 3 \$\$ 3:30-5:30 Refine Your Assists Session 3 \$\$
22 9:00-10:30 Deep Stretch  11:00-1:00 Sadhana  2:30-3:30 Vinyasa ~ L1  4:00-5:30 Vinyasa ~ Open	23 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open  12-1:00 Lunchtime Flow \$12  4:00-5:00 Gentle Yoga  5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	24 6:30-7:30 Early Bird Yoga \$12 8:00-8:45 Power Flow \$12  12-1:00 Lunchtime Flow \$12 1:30-2:30 Community Yoga - free  4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7-8:15 Music Flow – Yacht Rock	25  9:30-11:00 Vinyasa - Open  12-1:00 Lunchtime Flow \$12  4:00-5:00 Slow Flow 5:30-6:30 Vinyasa ~ L1 7:00-8:15 Flow & Stretch	26 6:30-7:30 Early Bird Yoga \$12 9:30-10:45 Advanced Practice  12-1:00 Lunchtime Flow \$12  4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga  7:00-8:30 Yoga Foundations	27 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open  12-1:00 Lunchtime Flow \$12 2-3:00 Community Yoga- free  4:00-5:00 Friday Flow  5:30-8:30 Ayurveda Immersion \$\$	28 8:30-9:30 Strength & Stability  10:00-11:00 Flow & Stretch  11:15-12:15 Vinyasa~ L1  12:30-6pm Ayurveda Immersion \$\$
29 9:00-3:00 Ayurveda Immersion \$\$  4:00-5:30 Vinyasa ~ Open  6-7 Community Yoga – free!	30 6:30-7:30 Early Bird Yoga \$12 9:30-11:00 Vinyasa ~ Open  12-1:00 Lunchtime Flow \$12  4:00-5:00 Gentle Yoga  5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	31 6:30-7:30 Early Bird Yoga \$12 8:00-8:45 Power Flow \$12  12-1:00 Lunchtime Flow \$12  4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7-8:15 Music Flow – Michael Jackson	<b>\$\$ denotes a workshop or special event that is NOT included in pass cards or memberships. For complete details, see the website.</b>			

**This calendar represents the class and event schedule for July 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 double-click SCHEDULE to connect to our online scheduling system.**

Drop-in \$17 ● 10-pass \$145 ● One-month unlimited \$155 ● 50-pass \$600 ● Annual Membership \$1,080

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