

# blue lotus • august 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 9:30-11:00 Vinyasa ~ L2 12:00-1:00 Lunchtime Flow\$12  2-3 Community Yoga (Free!) 4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations \$\$	<b>2</b> 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	<b>3</b> 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Flow & Stretch 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 Restorative Yoga 7:00-8:30 Vinyasa ~ L2	<b>4</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 Sadhana ~ Open Level	<b>5</b> 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 12:30-2:00 Kriya + Yin~ A Practice of Sustaining Energy  2:30-4:30 The Heart of Mindful Practice \$\$
<b>6</b>  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 Community Yoga	<b>7</b>  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	<b>8</b> 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 9:30-11:00 Vinyasa ~ L2 12:00-1:00 Lunchtime Flow\$12  1:30-2:30 Open Studio (free!)  4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations \$\$	<b>9</b> 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	<b>10</b> 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Flow & Stretch 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 ~ L2	<b>11</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 6:00-9:00 Connection Coalition\$\$	<b>12</b>  8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1  12:30-8:00 Connection Coalition\$\$
<b>13</b>  8:00-2:00 Connection Coalition\$\$  2:30-3:30 Vinyasa ~ L1  4:00-5:00 Vinyasa ~ Open 5:30-6:30 Community Yoga	<b>14</b>  9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12  <i>3-6 Teaching Yoga to Kids\$\$</i>  4:00-5:00 Slow Flow 5:30-6:30 Restorative Yoga 7:00-8:15 Flow & Stretch	<b>15</b> 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 9:30-11:00 Vinyasa ~ L2 12:00-1:00 Lunchtime Flow\$12  <i>3-6 Bringing Mindfulness to the Classroom\$\$</i> 4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations \$\$	<b>16</b> 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	<b>17</b> 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Flow & Stretch 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 ~ L2	<b>18</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>19</b> 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 1:00-3:00 Refine Asana: Twists and Backbends\$\$ 3:30-5:30 Refine Assists: Twists and Backbends\$\$  6-7 Kirtan – by donation!
<b>20</b>  9:00-10:30 Deep Stretch 2:30-3:30 Vinyasa ~ L1  4:00-5:00 Vinyasa ~ Open 5:30-6:30 Community Yoga	<b>21</b>  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	<b>22</b> 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 9:30-11:00 Vinyasa ~ L2 12:00-1:00 Lunchtime Flow\$12  4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Myofascial Release	<b>23</b> 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	<b>24</b> 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Flow & Stretch 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 ~ L2	<b>25</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 6:00-9:00 Satsang \$\$	<b>26</b>  8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1  9-5 Satsang \$\$ (morning service project)
<b>27</b>  9-11 Bhakti Sadhana\$\$ 12-3 Satsang\$\$  4:00-5:00 Vinyasa ~ Open 5:30-6:30 Community Yoga	<b>28</b>  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	<b>29</b> 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 9:30-11:00 Vinyasa ~ L2 12:00-1:00 Lunchtime Flow\$12  4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Guided Practice	<b>30</b> 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	<b>31</b> 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Flow & Stretch 9:30-10:45 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12  1:30-2:30 Open Studio (free!)  4:00-5:00 Heated Flow 5:30-6:30 Restorative Yoga 7:00-8:30 Vinyasa ~ L2	\$\$ denotes a workshop or special event that is NOT included in pass cards or memberships. For complete details, see the website.  <i>Colored font indicates a workshop that is not held at blue lotus studio. See the website for details.</i>	

**This calendar represents the class and event schedule for August 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

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