

blue lotus • october 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00-10:30 Deep Stretch <i>10-5 Thai Yoga Bodywork Foundational Flow Training</i> 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open	2 6:30-7:30 Sacred Practice \$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	3 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 Yin Yoga 7:00-8:30 Yoga Foundations \$\$	4 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 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	5 6:30-7:30 Early Bird Yoga\$12 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	6 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Prenatal Yoga 9:30-11:00 Vinyasa ~ Open 12:00-1:00 Lunchtime Flow\$12 3-9 <i>Yoga Immersion & Teacher Training</i> \$\$	7 8:30-9:30 Strength & Stability 10-6 <i>Yoga Immersion & Teacher Training</i> \$\$
8 7-3:30 <i>Yoga Immersion & Teacher Training</i> \$\$ 4:00-5:30 Vinyasa ~ Open	9 6:30-7:30 Sacred Practice \$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	10 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 Kundalini Yoga (free!) 4:00-5:00 Heated Flow 5:30-6:30 Yin Yoga 7:00-8:30 Yoga Foundations \$\$	11 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 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	12 6:30-7:30 Early Bird Yoga\$12 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	13 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Prenatal Yoga 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 Music Flow <i>Time to Breathe Mountain Retreat</i> \$\$	14 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 12:30-2:30 Unraveling the 9-5 \$\$ 3-5 Refine Your Asana\$\$ <i>Time to Breathe Mountain Retreat</i> \$\$
15 <i>Time to Breathe Mountain Retreat</i> \$\$ 9:00-10:30 Deep Stretch 12:00-2:00 Yoga for Osteoporosis – A Yoga Teacher's Primer\$\$ 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open 6-8 Kundalini Yoga & Gong Meditation\$\$	16 6:30-7:30 Sacred Practice \$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!	17 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 Yin Yoga 7:00-8:30 Yoga Foundations \$\$	18 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 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	19 6:30-7:30 Early Bird Yoga\$12 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	20 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Prenatal Yoga 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 6:00-8:30 Subtle Practices \$\$ 6:00-9:00 <i>Little Guru Kids Teacher Training</i> \$\$	21 8:00-5:30 <i>Little Guru Kids Teacher Training</i> \$\$ 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 1:00 – 7:00 Subtle Practices \$\$
22 8:00-5:30 <i>Little Guru Kids Teacher Training</i> \$\$ 9:00-2:00 Subtle Practices \$\$ 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open 6:00-8:00 Activate YOUR Potential \$\$	23 6:30-7:30 Sacred Practice \$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	24 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 Yin Yoga 7:00-8:30 Yoga Foundations \$\$	25 6:30-7:30 Early Bird Yoga \$12 8:00-9:00 Flow & Stretch 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	26 6:30-7:30 Early Bird Yoga\$12 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	27 6:30-7:30 Early Bird Yoga\$12 8:00-9:00 Prenatal Yoga 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	28 8:30-9:30 Strength & Stability 10:00-11:00 Flow & Stretch 11:15-12:15 Vinyasa~ L1 1:00-4:00 The Yoga Teachers' Guide to Prenatal (and Postnatal) Teaching\$\$ 6-7 Kirtan – by donation!
29 9:00-10:30 Deep Stretch 11:00-1:00 Vata Pacifying Sadhana 2:30-3:30 Vinyasa ~ L1 4:00-5:30 Vinyasa ~ Open 6:00-8:00 Activate YOUR Potential \$\$	30 6:30-7:30 Sacred Practice \$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	31 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 Yin Yoga 7:00-8:30 Yoga Foundations \$\$	\$\$ 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 this month 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 click SCHEDULE.

Drop-in \$16 • 10-pass \$135 • One-month unlimited \$155 • 50-pass \$575 • Annual Membership \$1018

blue lotus yoga & movement arts • 401 n. west street • raleigh, nc 27603 • 919.831.BLUE • www.bluelotusnc.com