

blue lotus to Donate Class Proceeds to Carroll's Kitchen

RALEIGH, NC. (January 16, 2019)

blue lotus announced the beneficiary of funds collected from a day of yoga by donation classes to celebrate its 12th year in downtown Raleigh. Carroll's Kitchen, a non-profit restaurant group, will receive 100 percent of all donations collected on February 12 to further their mission of employing women leaving crisis. Carroll's Kitchen has employed 21 women recovering from crisis since 2016.

"A complete yoga practice includes seva- selfless service- and actively serving our community has always been an integral part of who we are," says owner, Jill Sockman. "Every time we create an opportunity to participate, our students show up: giving time, energy and money to those in need."

Located in the Glenwood South neighborhood, blue lotus opened its doors in 2007. Since that time, blue lotus has donated more than \$70,000 to eleven nonprofit organizations through it's by-donation classes. Past recipients of the anniversary funds include A Place at the Table, Hospice Wake County, Big Brothers Big Sisters, CASA, and Raleigh City Farm.

For class descriptions and the full schedule of offerings on February 12 visit bluelotusnc.com.

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Online Registration: <https://bit.ly/2ANrdiE>