



# SEPTEMBER SCHEDULE!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Salt Cave sessions begin at the top of each hour:</p> <p><b>Monday-Saturday 10am-6:30pm</b> <b>Sunday 1pm-6:30pm</b></p>	<p><b>KIDS IN THE CAVE!</b> 25 minute sessions \$20</p> <p>Monday-Friday 9:30am 9:00am Saturdays</p>	<p>Schedule <b>Yoga in the Salt Cave</b> for your group of friends, coworkers or special event! Reservations made by appointment</p>	<p>Susan Casey June Terri Amy Beshka DeAnna DeAnn Frances Shigeko Chie Lisa</p>	<p><a href="http://www.behappybg.com">www.behappybg.com</a> <b>270-799-8070</b></p> <p>***community education class! Events are listed bold!</p>	<p><b>1</b> 7:30a Yoga then Salt 9:30am Hatha Level 1 11am Gentle Yoga</p> <p><b>Yoga Teacher Training!</b></p>	<p><b>2</b> 8:30am Yoga then Salt</p> <p><b>Yoga Teacher Training!</b></p>
<p><b>3</b> 3pm Yoga - All Levels! 4:30pm Yin Yoga 6pm Prenatal Yoga!</p> <p><b>Yoga Teacher Training!</b></p>	<p><b>4 LABOR DAY!</b> Salt Cave sessions from 10am-1pm</p> <p>9:30am All-levels Yoga! <b>11-11:45a Yoga Nidra \$5</b> (guided deep relaxation)</p>	<p><b>5</b> 9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! <b>5:45pm Chair Yoga***</b> 7:15pm Restorative then Salt</p>	<p><b>6</b> 9:30a Gentle/Restorative 11:00am Meditation(\$5) 12:00pm Midday Vin Flow 3:30pm Beginner Yoga <b>5:45pm Vinyasa Flow</b> 7:15pm Gentle then Salt</p>	<p><b>7</b> 9:30am Slow Flow</p> <p><b>1pm Chair Yoga</b> 4:00pm Vinyasa Flow 5:30pm Prenatal Yoga 7pm Oh! My Aching Back</p>	<p><b>8</b> 7:30a Yoga then Salt 9:30am Hatha Level 1 11am Gentle Yoga</p> <p><b>4:30pm Yoga Nidra \$5</b> 5:30pm Restorative Yoga</p>	<p><b>9 BABY GOAT YOGA</b> 8:30am Yoga then Salt 10am Yin-Yang</p> <p>12:30pm Prenatal Yoga 2pm Kids Yoga 3pm Child &amp; Me</p>
<p><b>10 Grandparents Day!</b> <b>BABY GOAT YOGA</b> 1:30p Yoga for Beginners*** 3pm Yoga - All Levels! 4:30pm Yin Yoga</p>	<p><b>11</b> 9:30am Vinyasa Flow <b>1pm Slow Flow</b> 4pm Vinyasa Flow 5:30pm Hatha Level 1 7pm Meditative Warrior with salt</p>	<p><b>12</b> 9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! <b>5:45pm Chair Yoga***</b> 7:15pm Restorative then Salt</p>	<p><b>13 Namaste for Beer!</b> 9:30a Gentle/Restorative 11:00am Meditation*** 12:00pm Midday Vin Flow 3:30pm Beginner Yoga*** <b>5:45pm Vinyasa Flow</b> 7:15pm Gentle then Salt</p>	<p><b>14*Expo for Women</b> 9:30am Slow Flow</p> <p><b>1pm Chair Yoga</b> 4:00pm Vinyasa Flow 5:30pm Prenatal Yoga 7pm Oh! My Aching Back</p>	<p><b>15</b> 7:30a Yoga then Salt 9:30am Hatha Level 1 11am Gentle Yoga <b>4:30pm Yoga Nidra \$5</b> <b>5:30pm Happy Hour Laughing Yoga(\$5)***</b></p>	<p><b>16</b> 8:30am Yoga then Salt 10am Yin-Yang 12:30pm Prenatal Yoga</p> <p><b>3pm Guided Deep Relaxation in SaltCave***</b></p>
<p><b>17 Yoga &amp; Brunch!</b> 1:30p Yoga for Beginners*** 3pm Yoga - All Levels! 4:30pm Yin Yoga</p>	<p><b>18</b> 9:30am Vinyasa Flow 1pm Slow Flow 4pm Vinyasa Flow 5:30pm Hatha Level 1 7pm Meditative Warrior with salt</p>	<p><b>19</b> 9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! <b>5:45pm Chair Yoga***</b> 7:15pm Restorative then Salt</p>	<p><b>20 *FOTL Health Fair</b> 9:30a Gentle/Restorative 11:00am Meditation*** 12:00pm Midday Vin Flow 3:30pm Beginner Yoga*** <b>5:45pm Vinyasa Flow</b> 7:15pm Gentle then Salt</p>	<p><b>21</b> 9:30am Slow Flow</p> <p><b>1pm Chair Yoga</b> 4:00pm Vinyasa Flow 5:30pm Prenatal Yoga 7pm Oh! My Aching Back</p>	<p><b>22</b> 7:30a Yoga then Salt 9:30am Hatha Level 1 11am Gentle Yoga</p> <p><b>Yoga Teacher Training!</b></p>	<p><b>23 BABY GOAT YOGA</b> 8:30am Yoga then Salt</p> <p>Offsite CPR/AED Training! 5:30-9:30pm</p> <p><b>Yoga Teacher Training!</b></p>
<p><b>24 BABY GOAT YOGA</b> 1:30p Yoga for Beginners*** 3pm Yoga - All Levels! 4:30pm Yin Yoga 6pm Prenatal Yoga!</p> <p><b>Yoga Teacher Training!</b></p>	<p><b>25</b> 9:30am Vinyasa Flow <b>1pm Slow Flow</b> 4pm Vinyasa Flow 5:30pm Hatha Level 1 7pm Meditative Warrior with salt</p>	<p><b>26</b> 9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! <b>5:45pm Chair Yoga</b> 7:15pm Restorative then Salt</p>	<p><b>27 Namaste for Beer!</b> 9:30a Gentle/Restorative 11:00am Meditation(\$5) 12:00pm Midday Vin Flow 3:30pm Beginner Yoga*** 5:45pm Vinyasa Flow 7:15pm Gentle then Salt</p>	<p><b>28</b> 9:30am Slow Flow</p> <p><b>1pm Chair Yoga</b> 4:00pm Vinyasa Flow 5:30pm Prenatal Yoga 7pm Oh! My Aching Back</p>	<p><b>29 Yoga &amp; Wine!</b> 7:30a Yoga then Salt 9:30am Hatha Level 1 11am Gentle Yoga</p> <p><b>5:15pm Vino &amp; Vinyasa</b> <b>6:30pm Restorative Yoga &amp; Wine</b></p>	<p><b>30</b> 8:30am Yoga then Salt <b>11-11:45a Yoga Nidra \$5</b> (guided deep relaxation) 12:30pm Prenatal Yoga</p> <p><b>5:30pm-7pm Kids Beach Yoga!</b></p>

Baby Goat Yoga October 7th & 8th!

Crystal Bowls with Timothy Mast October 21st!

\*September 14th Medical Center's A Day Just For Women. Must pre-register 270-745-1010

\*September 20th Fruit of the Loom Health Fair! \*September 13th Berry Global Health Fair!