



SEPTEMBER SCHEDULE!

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

Baby Goat Yoga October 7th & 8th!

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

Crystal Bowls with Timothy Mast October 21st!

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