



# JANUARY BE HAPPY 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>  <a href="http://www.behappybg.com">www.behappybg.com</a>  <b>270-799-8070</b></p>	<p><b>1 HAPPY NEW YEAR!</b>            Open for salt cave sessions at 12pm- 3pm</p> <p><b>1:30-3:30pm</b>  <b>New Year, New You: Yoga &amp; Meditation Event! \$20</b></p>	<p>2            9:30am Yahweh Yoga            11am Yahweh Gentle</p> <p>4:00pm Integral Yoga!            5:45pm Chair Yoga            7:15pm Restorative then Salt</p>	<p>3            9:30a Gentle/Restorative            11:00am Meditation \$5            12:00pm Midday Vin Flow            3:30pm Beginner Yoga            5:45pm Power Flow Yoga then salt            7:15pm Gentle then Salt</p>	<p>4            9:30am Slow Flow</p> <p>1pm Chair Yoga            4pm Flow Yoga            5:30pm Prenatal Yoga            7pm Oh! My Aching Back</p>	<p>5            7:30a Yoga then Salt            9:30am Level 1 Yoga            11am Gentle Yoga</p> <p>4:30pm Yoga Nidra \$5            5:30pm Restorative Yoga</p>	<p>6            8:30am Yoga then Salt</p> <p><b>10am-12pm</b>  <b>New Year New You: \$20 Beginner Yoga Workshop!</b></p> <p>12:30pm Prenatal Yoga</p>
<p>7            1:30p Yoga for Beginners            3pm Yoga - All Levels!            4:30pm Yin Yoga</p>	<p>8            9:30am Flow Yoga            1pm Slow Flow            4pm Flow Yoga            5:30pm Level 1 Yoga            7pm Meditative Warrior with salt</p>	<p>9            9:30am Yahweh Yoga            11am Yahweh Gentle</p> <p>4:00pm Integral Yoga!            5:45pm Chair Yoga            7:15pm Restorative then Salt</p>	<p>10            9:30a Gentle/Restorative            11:00am Meditation \$5            12:00pm Midday Vin Flow            3:30pm Beginner Yoga            5:45pm Power Flow Yoga then salt            7:15pm Gentle then Salt</p>	<p>11            9:30am Slow Flow</p> <p>1pm Chair Yoga            4pm Flow Yoga            5:30pm Prenatal Yoga            7pm Oh! My Aching Back</p>	<p>12            7:30a Yoga then Salt            9:30am Level 1 Yoga            11am Gentle Yoga</p> <p>Yoga Teacher Training!</p>	<p>13            8:30am Yoga then Salt</p> <p>Yoga Teacher Training!</p>
<p>14            3pm Yoga - All Levels!            4:30pm Yin Yoga</p> <p>Yoga Teacher Training!</p>	<p>15            9:30am Flow Yoga            1pm Slow Flow            4pm Flow Yoga            5:30pm Level 1 Yoga            7pm Meditative Warrior with salt</p>	<p>16            9:30am Yahweh Yoga            11am Yahweh Gentle</p> <p>4:00pm Integral Yoga!            5:45pm Chair Yoga            7:15pm Restorative then Salt</p>	<p>17            9:30a Gentle/Restorative            11:00am Meditation \$5            12:00pm Midday Vin Flow            3:30pm Beginner Yoga            5:45pm Power Flow Yoga then salt            7:15pm Gentle then Salt</p>	<p>18            9:30am Slow Flow</p> <p>1pm Chair Yoga            4pm Flow Yoga            5:30pm Prenatal Yoga            7pm Oh! My Aching Back</p>	<p>19            7:30a Yoga then Salt            9:30am Level 1 Yoga            11am Gentle Yoga</p> <p>4:30pm Yoga Nidra \$5            5:30pm Restorative Yoga</p>	<p>20  <b>8:30am Yoga then Salt</b>            10am Yin-Yang</p> <p><b>12pm Kids Beach Yoga Event! \$10</b></p>
<p>21            1:30p Yoga for Beginners            3pm Yoga - All Levels!            4:30pm Yin Yoga</p>	<p>22            9:30am Flow Yoga            1pm Slow Flow            4pm Flow Yoga            5:30pm Level 1 Yoga            7pm Meditative Warrior with salt</p>	<p>23            9:30am Yahweh Yoga            11am Yahweh Gentle</p> <p>4:00pm Integral Yoga!            5:45pm Chair Yoga            7:15pm Restorative then Salt</p>	<p>24            9:30a Gentle/Restorative            11:00am Meditation \$5            12:00pm Midday Vin Flow            3:30pm Beginner Yoga            5:45pm Power Flow Yoga then salt            7:15pm Gentle then Salt</p>	<p>25            9:30am Slow Flow</p> <p>1pm Chair Yoga            4pm Flow Yoga            5:30pm Prenatal Yoga            7pm Oh! My Aching Back</p>	<p>26            7:30am NO CLASS:)            9:30am Level 1 Yoga            11am Gentle Yoga</p> <p>4:30pm Yoga Nidra \$5            5:30pm Restorative Yoga</p>	<p>27            8:30am Yoga then Salt            10am Yin-Yang</p> <p>12:30pm Prenatal Yoga  <b>3pm Breathwork in the Salt Cave</b></p>
<p>28            1:30p Yoga for Beginners            3pm Yoga - All Levels!            4:30pm Yin Yoga</p>	<p>29            9:30am Flow Yoga            1pm Slow Flow            4pm Flow Yoga            5:30pm Level 1 Yoga            7pm Meditative Warrior with salt</p>	<p>30            9:30am Yahweh Yoga            11am Yahweh Gentle</p> <p>4:00pm Integral Yoga!            5:45pm Chair Yoga            7:15pm Restorative then Salt</p>	<p>31            9:30a Gentle/Restorative            11:00am Meditation \$5            12:00pm Midday Vin Flow            3:30pm Beginner Yoga            5:45pm Power Flow Yoga then salt            7:15pm Gentle then Salt</p>	<p><b>3pm Breathwork in the Salt Cave</b>  <b>\$30 January 27th 3pm</b></p>	<p>___ Susan            ___ Casey June            ___ Terri ___ Amy            ___ Beshka ___ DeAnna            ___ DeAnn ___ Frances            ___ Shigeko ___ Chie            ___ Lisa</p>	<p><b>KIDS IN THE CAVE!</b>            25 minute sessions \$20</p> <p>Monday-Friday 9:30am            9:00am Saturdays</p>