



JANUARY BE HAPPY 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 www.behappybg.com 270-799-8070</p>	<p>1 HAPPY NEW YEAR! Open for salt cave sessions at 12pm- 3pm</p> <p>1:30-3:30pm New Year, New You: Yoga & Meditation Event! \$20</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>10am-12pm New Year New You: \$20 Beginner Yoga Workshop!</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 8:30am Yoga then Salt 10am Yin-Yang</p> <p>12pm Kids Beach Yoga Event! \$10</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 3pm Breathwork in the Salt Cave</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>3pm Breathwork in the Salt Cave \$30 January 27th 3pm</p> <p>Susan Casey June Terri Amy Beshka DeAnna DeAnn Frances Shigeko Chie Lisa</p>	<p>KIDS IN THE CAVE! 25 minute sessions \$20</p> <p>Monday-Friday 9:30am 9:00am Saturdays</p>	