



MARCH BE HAPPY SCHEDULE!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
45min Salt Cave sessions begin at the top of each hour: Monday-Saturday 10am-6:30pm Sunday 1pm-6:30pm *Ask us about 25minute Salt Cave Refreshers!	KIDS IN THE CAVE! 25 minute sessions \$20 for one adult and child, \$5 for each add'l child Monday-Friday 9:30am 9:00am Saturdays	Susan Casey June Carmen Lisa Terri Amy Beshka DeAnna DeAnn Frances Tori Shigeko Chie	March 6th @ 6pm Breathwork & Meditation in the Salt Cave*** \$30 ***Community Education Series! www.behappybg.com 270-799-8070	1 9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back	2 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga	3 8:30am Yoga then Salt 10am Yin-Yang Kids Yoga & Salt Cave Egg Hunt! \$10 12:30pm Ages 2-5 1:45pm Ages 5-10
4 1:30p Yoga for Beginners*** 3pm Yoga - All Levels! 4:30pm Yin Yoga	5 9:30am Flow Yoga 12pm Slow Flow (60min) 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt	6 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga*** 7:15pm Restorative then Salt	7 9:30a Gentle/Restorative 11am Meditation \$5*** 12pm MiddayFlow(45min) 3:30pm Beginner Yoga*** 5:45pm Power Flow Yoga then salt 7:15pm Gentle then Salt	8 9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga*** 7pm Oh! My Aching Back	9 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga	10 8:30am Yoga then Salt 10am Yin-Yang Be Happy Goat Yoga! 10am & 12pm @ Buck Creek Stables
11 Be Happy Goat Yoga! 10am & 12pm @ Buck Creek Stables 1:30p Yoga for Beginners*** 3pm Yoga - All Levels! 4:30pm Yin Yoga	12 9:30am Flow Yoga 12pm Slow Flow (60min) 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt	13 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga*** 7:15pm Restorative then Salt	14 9:30a Gentle/Restorative 11am Meditation \$5*** 12pm MiddayFlow(45min) 3:30pm Beginner Yoga*** 5:45pm Power Flow Yoga then salt 7:15pm Gentle then Salt	15 9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back	16 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 4:00pm Integral Yoga! Yoga Teacher Training!	17 8:30am Yoga then Salt Be Happy Goat Yoga! 10am & 12pm @ Buck Creek Stables Yoga Teacher Training!
18 Yoga then Brunch @ River Cottage Farm! 10am Be Happy Goat Yoga! 12pm @ Buck Creek \$20 3pm Yoga - All Levels! 4:30pm Yin Yoga Yoga Teacher Training!	19 9:30am Flow Yoga 12pm Slow Flow (60min) 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt	20 Int'l Day of Happy 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga*** 7:15pm Restorative then Salt	21 9:30a Gentle/Restorative 11am Meditation \$5 12pm MiddayFlow(45min) 3:30pm Beginner Yoga*** 5:45pm Power Flow Yoga then salt 7:15pm Gentle then Salt	22YTT Ashram Retreat 9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 7pm Oh! My Aching Back	23YTT Ashram Retreat 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga	24 YTT Ashram Retreat! 8:30am Yoga then Salt 10am Yin-Yang 12:00pm Prenatal Yoga
25 YTT Ashram Retreat 1:30p Yoga for Beginners*** 3pm Yoga - All Levels! 4:30pm Yin Yoga	26 9:30am Flow Yoga 12pm Slow Flow (60min) 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt	27 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt	28 9:30a Gentle/Restorative 11:00am Meditation \$5 12pm MiddayFlow(45min) 3:30pm Beginner Yoga 5:45pm Power Flow Yoga then salt 7:15pm Gentle then Salt	29 9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back	30 Good Friday 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Yoga then Wine!	31 8:30am Yoga then Salt 10am Yin-Yang 12:30pm Prenatal Yoga