



# MARCH BE HAPPY SCHEDULE!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
45min Salt Cave sessions begin at the top of each hour: <b>Monday-Saturday 10am-6:30pm Sunday 1pm-6:30pm</b> *Ask us about 25minute Salt Cave Refreshers!	<b>KIDS IN THE CAVE!</b> 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	<b>March 6th @ 6pm</b> <b>Breathwork &amp; Meditation in the Salt Cave*** \$30</b>  <b>***Community Education Series!</b> <a href="http://www.behappybg.com">www.behappybg.com</a> <b>270-799-8070</b>	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  <b>Be Happy Goat Yoga! 10am &amp; 12pm @ Buck Creek Stables</b>
11 <b>Be Happy Goat Yoga! 10am &amp; 12pm @ Buck Creek Stables</b> 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  <b>Be Happy Goat Yoga! 10am &amp; 12pm @ Buck Creek Stables</b>  Yoga Teacher Training!
18 <b>Yoga then Brunch @ River Cottage Farm! 10am Be Happy Goat Yoga! 12pm @ Buck Creek \$20</b> 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	<b>20 Int'l Day of Happy</b> 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	<b>22YTT Ashram Retreat</b> 9:30am Slow Flow  1pm Chair Yoga 4pm Flow Yoga  7pm Oh! My Aching Back	<b>23YTT Ashram Retreat</b> 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga  4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga	<b>24 YTT Ashram Retreat!</b>  8:30am Yoga then Salt 10am Yin-Yang  12:00pm Prenatal Yoga
<b>25 YTT Ashram Retreat</b>  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 <b>5:30pm Yoga then Wine!</b>	31 8:30am Yoga then Salt 10am Yin-Yang  12:30pm Prenatal Yoga