



APRIL BE HAPPY SCHEDULE!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter! (studio closed)	2 SPRING BREAK 9:30am Flow Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt	3 SPRING BREAK 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt	4 SPRING BREAK 9:30a Restorative Yoga 11am Meditation \$5 12pm MiddayFlow(45min) 3:30pm Beginner Yoga 5:45pm Power Flow Yoga then salt 7:15pm Gentle then Salt	5 SPRING BREAK 9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back	6 SPRING BREAK 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 11am Yin Yoga in the Salt Cave 4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga	7 SPRING BREAK 8:30am Yoga then Salt 10am Yin-Yang Kids Yoga & Salt Cave Spring Event! \$10 12:30pm Ages 2-pre k 1:45pm Age kindergarten-10
8 1:30p Yoga for Beginners*** 3pm Yoga - All Levels! 4:30pm Yin Yoga	9 9:30am Flow Yoga 12pm Slow Flow (60min) 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt	10 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt	11 9:30a Restorative Yoga 11am Meditation \$5*** 12pm MiddayFlow(45min) 3:30pm Beginner Yoga*** 5:45pm Power Flow Yoga then salt 7:15pm Gentle then Salt	12 9:30am Slow Flow 1pm Chair Yoga*** 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back	13 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga Yoga Teacher Training!	14 8:30am Yoga then Salt Be Happy Goat Yoga 10am & 12pm Yoga Teacher Training!
15 10am Yoga & Brunch at River Cottage Farm! 3pm Yoga - All Levels! 4:30pm Yin Yoga Yoga Teacher Training Graduation!	16 9:30am Flow Yoga 12pm Slow Flow (60min) 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt	17 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt	18 6 - 7am Yoga then Salt! 9:30a Restorative Yoga 11am Meditation \$5*** 12pm MiddayFlow(45min) 3:30pm Beginner Yoga*** 5:45pm Power Flow Yoga then salt 7:15pm Gentle then Salt	19 9:30am Slow Flow 1pm Chair Yoga*** 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back	20 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga	21 8:30am Yoga then Salt 10am Yin-Yang Crystal Bowls Earth Day Event! 4pm & 5:30pm
22 1:30p Yoga for Beginners*** 3pm Yoga - All Levels! 4:30pm Yin Yoga	23 9:30am Flow Yoga 12pm Slow Flow (60min) 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt	24 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt	25 6 - 7am Yoga then Salt! 9:30a Restorative Yoga 11am Meditation \$5 12pm MiddayFlow(45min) 3:30pm Beginner Yoga*** 5:45pm Power Flow Yoga then salt 7:15pm Gentle then Salt	26 9:30am Slow Flow 1pm Chair Yoga*** 4pm Flow Yoga 5:30pm Prenatal Yoga*** 7pm Oh! My Aching Back	27 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Yoga then Wine!	28 8:30am Yoga then Salt 10am Yin-Yang 12:30pm Prenatal Yoga Yoga in Lost River Cave!! 6pm Check In
29 1:30p Yoga for Beginners*** 3pm Yoga - All Levels! 4:30pm Yin Yoga April 29th 3pm Breathwork & Meditation in the Salt Cave \$30	30 9:30am Flow Yoga 12pm Slow Flow (60min) 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt		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	April 29th 3pm Breathwork & Meditation in the Salt Cave \$30 ***Community Education Series! www.behappybg.com 270-799-8070	___ Susan ___ Chie ___ Casey June ___ Carmen ___ Lisa ___ Shigeko ___ Terri ___ Amy ___ Beshka ___ DeAnna ___ DeAnn ___ Frances ___ Tori ___ Brandy ___ Lisa P