



MAY 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 | 1 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt | 2 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 | 3 FOTL HEALTH FAIR 9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back | 4 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga | 5 8:30am Yoga then Salt 10am Yin-Yang Kids Yoga & Salt Cave Event \$10 12:30pm Ages 2-pre k 1:45pm Age kindergarten-10 |
| 6 Be Happy Goat Yoga 10am & 12pm 1:30p Yoga for Beginners 3pm Yoga - All Levels! 4:30pm Yin Yoga | 7 8am MorningYoga Blend 9:30am Flow Yoga 12pm Slow Flow (60min) 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt | 8 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga*** 7:15pm Restorative then Salt | 9 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 | 10 9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back 6pm Yoga In Lost River Cave! | 11 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 | 12 8:30am Yoga then Salt 10am Yin-Yang 12:30pm Prenatal Yoga 3pm \$30 Breathwork & Meditation in the Salt Cave |
| 13 MOTHER'S DAY! 1:30p Yoga for Beginners 3pm Yoga - All Levels! 4:30pm Bring your mom for free yoga event! | 14 8am MorningYoga Blend 9:30am Flow Yoga 12pm Slow Flow (60min) 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt | 15 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga*** 7:15pm Restorative then Salt | 16 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 | 17 9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back | 18 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga | 19 8:30am Yoga then Salt 10am Yin-Yang |
| 20 BE HAPPY'S BIRTHDAY 8am Yoga & Brunch at River Cottage Farm! 1:30p Yoga for Beginners 3pm Yoga - All Levels! 4:30pm Yin Yoga | 21 BIRTHDAY! 8am MorningYoga Blend 9:30am Flow Yoga 12pm Slow Flow (60min) 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt | 22 BIRTHDAY! 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga*** 7:15pm Restorative then Salt | 23 BIRTHDAY! 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 | 24 BIRTHDAY! 9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga*** 7pm Oh! My Aching Back | 25 BIRTHDAY! 7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Yoga then Wine! | 26 BIRTHDAY! 8:30am Yoga then Salt 10am Yin-Yang 12:30pm Prenatal Yoga |
| 27 BIRTHDAY! 1:30p Yoga for Beginners 3pm Yoga - All Levels! 4:30pm Yin Yoga | 28 MEMORIAL DAY 8am MorningYoga Blend 9:30am Flow Yoga 12pm Slow Flow (60min) 4pm Flow Yoga 5:30pm Level 1 Yoga Last salt session at 6pm! | 29 BIRTHDAY! 9:30am Yahweh Yoga 11am Yahweh Gentle 1pm Flow Yoga 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt | 30 BIRTHDAY! 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 | 31 BIRTHDAY! 9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga*** 7pm Oh! My Aching Back | May 12th 3pm Breathwork & Meditation in the Salt Cave \$30 ***Community Education Series! www.behappybg.com 270-799-8070 | Susan Casey June Shigeko Terri Beshka DeAnn Brandy Octavia Virginia Chie Carmen Tori Amy DeAnna Frances Lisa P |