



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 ___ Chie ___ Casey June ___ Carmen ___ Shigeko ___ Tori ___ Terri ___ Amy ___ Beshka ___ DeAnna ___ DeAnn ___ Frances ___ Brandy ___ Lisa P ___ Virginia ___ Lisa K