



# BE HAPPY AUGUST 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</b> <b>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	<b>BOLD titles are events!</b>  <a href="http://www.behappybg.com">www.behappybg.com</a> <b>270-799-8070</b> <b>Follow Us on Facebook</b>	1 6 - 7am Yoga then Salt! 9:30a Restorative Yoga 11am Meditation \$5 12pm MiddayFlow(45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt 7:15pm Gentle then Salt	2 9:30am Slow Flow  1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back	3 7:30a Yoga then Salt 9:30am Chair Yoga 11am Gentle Yoga  4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga	4 8:30am Yoga then Salt 10am Yin-Yang  12:15pm Yin Yoga in the Salt Cave!
5  1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm Yin Yoga	6 8am MorningYoga Blend 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm 1st Monday Yahweh Yoga then salt	7 9:30am Yahweh Yoga 11am Yahweh Gentle  4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt	8 6 - 7am Yoga then Salt! 9:30a Restorative Yoga 11am Meditation \$5 12pm MiddayFlow(45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt 7:15pm Gentle then Salt	9 9:30am Slow Flow  1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back	10 7:30a Yoga then Salt 9:30am Chair Yoga 11am Gentle Yoga  <b>Yoga Teacher Training!</b>	11 8:30am Yoga then Salt   <b>Yoga Teacher Training!</b>
<b>12 Yoga Teacher Training!</b>  3pm Yoga - All Levels! 4:30pm Yin Yoga  <b>6pm Essential Oils 101 "breath work, relaxation &amp; muscles support"</b>	13 8am MorningYoga Blend 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior then salt	14 9:30am Yahweh Yoga 11am Yahweh Gentle  4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt	15 6 - 7am Yoga then Salt! 9:30a Restorative Yoga 11am Meditation \$5 12pm MiddayFlow(45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt 7:15pm Gentle then Salt	16 9:30am Slow Flow  1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back	17 7:30a Yoga then Salt 9:30am Chair Yoga 11am Gentle Yoga  4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga	18 8:30am Yoga then Salt 10am Yin-Yang  <b>Kids Yoga &amp; Salt Cave Event!</b> 11:30pm Ages 2-pre k 12:45pm Ages kindergarten-10
19  1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm Yin Yoga	20 8am MorningYoga Blend 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior then salt	21 9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt <b>6pm Breathwork &amp; Meditation-Salt Cave</b>	22 6 - 7am Yoga then Salt! 9:30a Restorative Yoga 11am Meditation \$5 12pm MiddayFlow(45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt 7:15pm Gentle then Salt	23 9:30am Slow Flow  1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back  <b>6p Yoga in LostRiverCave</b>	24 7:30a Yoga then Salt 9:30am Chair 1 Yoga 11am Gentle Yoga  4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga	25  8:30am Yoga then Salt 10am Yin-Yang <b>12:30pm Prenatal Yoga</b> <b>2pm Guided Deep Relaxation in the Salt Cave</b> 4:30pm Yoga Nidra
26 <b>9am Yoga &amp; Brunch at River Cottage Farm!</b>  1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm Yin Yoga	27 8am MorningYoga Blend 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior then salt	28 9:30am Yahweh Yoga 11am Yahweh Gentle  4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt	29 6 - 7am Yoga then Salt! 9:30a Restorative Yoga 11am Meditation \$5 12pm MiddayFlow(45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt 7:15pm Gentle then Salt	30 9:30am Slow Flow  1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back	31 7:30a Yoga then Salt 9:30am Chair Yoga 11am Gentle Yoga  4:30pm Yoga Nidra \$5 <b>5:30pm Yoga then Wine!</b>	Susan Casey June Shigeko Terri Beshka Virginia Frances Lisa P Chie Carmen Tori Amy DeAnna DeAnn Brandy Octavia