



SEPTEMBER 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	Follow us on Facebook for current happenings at Be Happy Yoga & Salt Cave:) www.behappybg.com 270-799-8070	Susan Chie Casey June Carmen Shigeko Tori Terri Amy Beshka DeAnna Virginia DeAnn Frances Brandy Lisa P Octavia	***Community education classes can be taken by registering with Community Education or at the studio BOLD titles are events!		1 8:30am Yoga then Salt 10am Yin-Yang
2 1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm Yin Yoga	3 LABOR DAY \$15 Salt Cave sessions 10a, 11a, 12p, 1p & 2pm 8am Morning Yoga blend with salt! 9:30am Flow Yoga 12pm Beginner Yoga Studio Closing at 3pm	4 9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt	5 Yoga in the Salt Cave 6:30am Slow Flow+Salt! 9:30a Restorative Yoga 11am Meditation \$5*** 12pm MiddayFlow(45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt 7:15pm Gentle/Level 1 then Salt	6 9:30am Slow Flow 1pm Chair Yoga*** 3:30pm Beginner Flow Yoga 5:30pm Prenatal Yoga 7pm Yoga for better Sleep	7 7:30a Yoga then Salt! 11am Gentle Yoga Yoga Teacher Training!	8 8:30am Yoga then Salt! 12:15pm Yin Yoga in the Salt Cave Yoga Teacher Training!
9 Grandparent's Day! 1:30pm Beginner Yoga*** 3pm Yoga - All Levels! 4:30pm Yin Yoga Yoga Teacher Training!	10 8am Morning Yoga blend with salt! 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior then salt	11 9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt	12 6:30am Slow Flow+Salt! 9:30a Restorative Yoga 11am Meditation \$5*** 12pm MiddayFlow(45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt 7:15pm Gentle/Level 1 then Salt	13 9:30am Slow Flow 1pm Chair Yoga*** 3:30pm Beginner Flow Yoga 5:30pm Prenatal Yoga*** 7pm Yoga for better Sleep	14 7:30a Yoga then Salt! 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga	15 8:30am Yoga then Salt! 10am Yin-Yang
16 1:30pm Beginner Yoga*** 3pm Yoga - All Levels! Lisa K 4:30pm Yin Yoga 6pm Yoga Nidra	17 8am Morning Yoga blend with salt! 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior then salt	18 9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt	19 Yoga in LostRiverCave 6:30am Slow Flow+Salt! 9:30a Restorative Yoga 11am Meditation \$5 12pm MiddayFlow(45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt 7:15pm Gentle/Level 1 then Salt	20 9:30am Slow Flow 1pm Chair Yoga*** 3:30pm Beginner Flow Yoga 5:30pm Prenatal Yoga 7pm Yoga for better Sleep	21 7:30a Yoga then Salt! 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga	22 8:30am Yoga then Salt! 10am Yin-Yang 10:30a Be Happy Goat Yoga Kids Yoga & Salt Cave Event! 11:30pm Ages 2-pre k 12:45pm kindergarten-10 3pm Breathwork & Meditation-Salt Cave***
23 1:30pm Beginner Yoga*** 3pm Yoga - All Levels! 4:30pm Yin Yoga 30 1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm Yin Yoga	24 8am Morning Yoga blend with salt! 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior then salt	25 9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt	26 Med Center Event 6:30am Slow Flow+Salt! 9:30a Restorative Yoga 11am Meditation \$5 12pm MiddayFlow(45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt 7:15pm Gentle/Level 1 then Salt	27 9:30am Slow Flow 1pm Chair Yoga 3:30pm Beginner Flow Yoga 5:30pm Prenatal Yoga 7pm Yoga for better Sleep	28 7:30a Yoga then Salt! 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Yoga then Wine!	29 8:30am Yoga then Salt! 10am Yin-Yang