



OCTOBER YOGA SCHEDULE!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Follow us on Facebook for current happenings at Be Happy Yoga & Salt Cave!</p> <p>www.behappybg.com</p> <p>270-799-8070</p>	<p>1 FALL BREAK!</p> <p>8am Morning Yoga blend with salt!</p> <p>9:30am Flow Yoga</p> <p>12pm Beginner Yoga</p> <p>5:30pm Level 1 Yoga</p> <p>7pm Meditative Warrior then salt</p>	<p>2 FALL BREAK!</p> <p>9:30am Yahweh Yoga</p> <p>11am Yahweh Gentle</p> <p>4:00pm Integral Yoga!</p> <p>5:45pm Chair Yoga</p> <p>7:15pm Restorative then Salt</p>	<p>3 FALL BREAK!</p> <p>6:30am Slow Flow+Salt!</p> <p>9:30a Restorative Yoga</p> <p>11am Meditation \$5***</p> <p>12pm MiddayFlow(45min)</p> <p>3:30pm Beginner Yoga</p> <p>5:45pm Yin-Yang then salt</p> <p>7:15pm Gentle/Level 1 then Salt</p>	<p>4 FALL BREAK!</p> <p>9:30am Slow Flow</p> <p>1pm Chair Yoga</p> <p>3:30pm Beginner Flow Yoga</p> <p>5:30pm Prenatal Yoga</p> <p>7pm Yoga for better Sleep</p>	<p>5 FALL BREAK!</p> <p>7:30a Yoga then Salt!</p> <p>11am Gentle Yoga</p> <p>5:30pm Restorative Yoga</p>	<p>6 FALL BREAK!</p> <p>8:30am Yoga then Salt!</p> <p>10am Yin-Yang</p>
<p>7 FALL BREAK!</p> <p>1:30pm Beginner Yoga</p> <p>3pm Yoga - All Levels! Lisa K</p> <p>4:30pm Yin Yoga</p>	<p>8</p> <p>8am Morning Yoga blend with salt!</p> <p>9:30am Flow Yoga</p> <p>12pm Beginner Yoga</p> <p>4pm Flow Yoga</p> <p>5:30pm Level 1 Yoga</p> <p>7pm Meditative Warrior then salt</p>	<p>9</p> <p>9:30am Yahweh Yoga</p> <p>11am Yahweh Gentle</p> <p>4:00pm Integral Yoga!</p> <p>5:45pm Chair Yoga***</p> <p>7:15pm Restorative then Salt</p>	<p>10</p> <p>6:30am Slow Flow+Salt!</p> <p>9:30a Restorative Yoga</p> <p>11am Meditation \$5***</p> <p>12pm MiddayFlow(45min)</p> <p>3:30pm Beginner Yoga***</p> <p>5:45pm Yin-Yang then salt</p> <p>7:15pm Gentle/Level 1 then Salt</p>	<p>11</p> <p>9:30am Slow Flow</p> <p>1pm Chair Yoga</p> <p>3:30pm Beginner Flow Yoga</p> <p>5:30pm Prenatal Yoga***</p> <p>7pm Yoga for better Sleep</p>	<p>12</p> <p>7:30a Yoga then Salt!</p> <p>11am Gentle Yoga</p> <p>Yoga Teacher Training!</p>	<p>13</p> <p>8:30am Yoga then Salt!</p> <p>12:15pm Yin Yoga in the Salt Cave</p> <p>Yoga Teacher Training!</p>
<p>14</p> <p>3pm Yoga - All Levels!</p> <p>4:30pm Yin Yoga</p> <p>Yoga Teacher Training!</p>	<p>15</p> <p>8am Morning Yoga blend with salt!</p> <p>9:30am Flow Yoga</p> <p>12pm Beginner Yoga</p> <p>4pm Flow Yoga</p> <p>5:30pm Level 1 Yoga</p> <p>7pm Meditative Warrior then salt</p>	<p>16 Fruit of the Loom!</p> <p>9:30am Yahweh Yoga</p> <p>11am Yahweh Gentle</p> <p>4:00pm Integral Yoga!</p> <p>5:45pm Chair Yoga***</p> <p>7:15pm Restorative then Salt</p>	<p>17</p> <p>6:30am Slow Flow+Salt!</p> <p>9:30a Restorative Yoga</p> <p>11am Meditation \$5</p> <p>12pm MiddayFlow(45min)</p> <p>3:30pm Beginner Yoga***</p> <p>5:45pm Yin-Yang then salt</p> <p>7:15pm Gentle/Level 1 then Salt</p>	<p>18</p> <p>9:30am Slow Flow</p> <p>1pm Chair Yoga</p> <p>3:30pm Beginner Flow Yoga</p> <p>5:30pm Prenatal Yoga</p> <p>7pm Yoga for better Sleep</p>	<p>19</p> <p>7:30a Yoga then Salt!</p> <p>11am Gentle Yoga</p> <p>5:30pm Restorative Yoga</p>	<p>20</p> <p>8:30am Yoga then Salt!</p> <p>10am Yin-Yang</p> <p>Kids Yoga & Salt Cave Event!</p> <p>11:30pm Ages 2-pre k</p> <p>12:45pm kindergarten-10</p>
<p>21</p> <p>1:30pm Beginner Yoga</p> <p>3pm Yoga - All Levels!</p> <p>4:30pm Yoga Class with Essential Oils Event!</p>	<p>22</p> <p>8am Morning Yoga blend with salt!</p> <p>9:30am Flow Yoga</p> <p>12pm Beginner Yoga</p> <p>4pm Flow Yoga</p> <p>5:30pm Level 1 Yoga</p> <p>7pm Meditative Warrior then salt</p>	<p>23</p> <p>9:30am Yahweh Yoga</p> <p>11am Yahweh Gentle</p> <p>4:00pm Integral Yoga!</p> <p>5:45pm Chair Yoga***</p> <p>6pm Breathwork & Meditation-Salt Cave*</p> <p>7:15pm Restorative then Salt</p>	<p>24</p> <p>6:30am Slow Flow+Salt!</p> <p>9:30a Restorative Yoga</p> <p>11am Meditation \$5</p> <p>12pm MiddayFlow(45min)</p> <p>3:30pm Beginner Yoga***</p> <p>5:45pm Yin-Yang then salt</p> <p>7:15pm Gentle/Level 1 then Salt</p>	<p>25</p> <p>9:30am Slow Flow</p> <p>1pm Chair Yoga</p> <p>3:30pm Beginner Flow Yoga</p> <p>5:30pm Diabetes Wksp!</p> <p>7pm Yoga for better Sleep</p>	<p>26</p> <p>7:30a Yoga then Salt!</p> <p>11am Gentle Yoga</p> <p>5:30pm Yoga then Wine</p>	<p>27</p> <p>8:30am Yoga then Salt!</p> <p>10am Yin-Yang</p> <p>10:30a Be Happy Goat Yoga</p>

<p>28</p> <p>1:30pm Beginner Yoga</p> <p>3pm Yoga - All Levels!</p> <p>4:30pm Yin Yoga</p> <p>6pm Laughing Yoga/ Comedy Show in the Cave: Laughing Never Felt So Good! Brad Tassell</p>	<p>29</p> <p>8am Morning Yoga blend with salt!</p> <p>9:30am Flow Yoga</p> <p>12pm Beginner Yoga</p> <p>4pm Flow Yoga</p> <p>5:30pm Level 1 Yoga</p> <p>7pm Meditative Warrior</p>	<p>30</p> <p>9:30am Yahweh Yoga</p> <p>11am Yahweh Gentle</p> <p>4:00pm Integral Yoga!</p> <p>5:45pm Chair Yoga</p> <p>7:15pm Restorative then Salt</p>	<p>31:6:30am Slow Flow+Salt!</p> <p>9:30a Restorative Yoga</p> <p>11am Meditation \$5</p> <p>12pm MiddayFlow(45min)</p> <p>3:30pm Beginner Yoga***</p> <p>5:45pm Yin-Yang then salt</p> <p>7:15pm Gentle/Level 1 then Salt</p>	<p>KIDS IN THE CAVE!</p> <p>25 minute sessions \$20 for one adult and child, \$5 for each add'l child</p> <p>Monday-Friday 9:30am 9:00am Saturdays</p>	<table border="0"> <tr> <td>Susan</td> <td>Chie</td> </tr> <tr> <td>Casey June</td> <td>Carmen</td> </tr> <tr> <td>Shigeko</td> <td>Tori</td> </tr> <tr> <td>Terri</td> <td>Amy</td> </tr> <tr> <td>Beshka</td> <td>DeAnna</td> </tr> <tr> <td>Virginia</td> <td>DeAnn</td> </tr> <tr> <td>Frances</td> <td>Brandy</td> </tr> <tr> <td>Lisa P</td> <td>Octavia</td> </tr> </table>	Susan	Chie	Casey June	Carmen	Shigeko	Tori	Terri	Amy	Beshka	DeAnna	Virginia	DeAnn	Frances	Brandy	Lisa P	Octavia	<p>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!</p>
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