



OCTOBER YOGA SCHEDULE!

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

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| <p>28 1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm Yin Yoga 6pm Laughing Yoga/ Comedy Show in the Cave: Laughing Never Felt So Good! Brad Tassell</p> | <p>29 8am Morning Yoga blend with salt! 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior</p> | <p>30 9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt</p> | <p>316:30am 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</p> | <p>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</p> | <p>__ Susan __ Chie __ Casey June __ Carmen __ Shigeko __ Tori __ Terri __ Amy __ Beshka __ DeAnna __ Virginia __ DeAnn __ Frances __ Brandy __ Lisa P __ Octavia</p> | <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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