



# SEPTEMBER 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 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>Follow us on Facebook for current happenings at Be Happy Yoga &amp; Salt Cave:)</b>  <a href="http://www.behappybg.com">www.behappybg.com</a> <b>270-799-8070</b>	__ Susan __ Chie __ Casey June __ Carmen __ Shigeko __ Tori __ Terri __ Amy __ Beshka __ DeAnna __ Virginia __ DeAnn __ Frances __ Brandy __ Lisa P __ Octavia	<b>***Community education classes can be taken by registering with Community Education or at the studio</b>  <b>BOLD titles are events!</b>		1 8:30am Yoga then Salt! 10am Yin-Yang
2  1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm Yin Yoga	<b>3 LABOR DAY</b> \$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	<b>5 Yoga in the Salt Cave</b> 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  <b>Yoga Teacher Training!</b>	8 8:30am Yoga then Salt!  <b>12:15pm Yin Yoga in the Salt Cave</b>  <b>Yoga Teacher Training!</b>
<b>9 Grandparent's Day!</b>  1:30pm Beginner Yoga*** 3pm Yoga - All Levels! 4:30pm Yin Yoga  <b>Yoga Teacher Training!</b>	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  <b>6pm Yoga Nidra</b>	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	<b>19 Yoga in LostRiverCave</b> 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 <b>10:30a Be Happy Goat Yoga Kids Yoga &amp; Salt Cave Event!</b> 11:30pm Ages 2-pre k 12:45pm kindergarten-10 <b>3pm Breathwork &amp; Meditation-Salt Cave***</b>
23 1:30pm Beginner Yoga*** 3pm Yoga - All Levels! <u>4:30pm Yin Yoga</u> 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  <b>4:30pm Yoga Nidra \$5</b> <b>5:30pm Yoga then Wine!</b>	29 8:30am Yoga then Salt! 10am Yin-Yang