



BE HAPPY SCHEDULE for JULY!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm Yoga Nidra \$5</p>	<p>2</p> <p>8am MorningYoga Blend 9:30am Flow Yoga 12pm Chair Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt</p>	<p>3</p> <p>9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative then Salt</p>	<p>4</p> <p>Independence Day! 9:30am All-levels Yoga \$15 Salt cave sessions at 10a, 11a, 12p & 1p!</p>	<p>5</p> <p>9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back</p>	<p>6</p> <p>7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga</p>	<p>7</p> <p>8:30am Yoga then Salt 10am Yin-Yang 12:30pm Prenatal Yoga</p>
<p>8</p> <p>1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm Yin Yoga 5pm Breathwork & Meditation in the Salt Cave \$30***</p>	<p>9</p> <p>8am MorningYoga Blend 9:30am Flow Yoga 12pm Chair Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt</p>	<p>10 NCI Open House!</p> <p>9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! 5:45pm Chair Yoga*** 7:15pm Restorative then Salt</p>	<p>11</p> <p>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</p>	<p>12</p> <p>9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga*** 7pm Oh! My Aching Back</p>	<p>13</p> <p>7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 4:30pm Yoga Nidra \$5 5:30pm Restorative Yoga</p>	<p>14</p> <p>8:30am Yoga then Salt 10am Yin-Yang 12:30pm Prenatal Yoga</p>
<p>15 ASSOCIATE OUTING!</p> <p>1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm Yoga Nidra \$5</p>	<p>16</p> <p>8am MorningYoga Blend 9:30am Flow Yoga 12pm Chair Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt</p>	<p>17</p> <p>9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! 5:45pm Chair Yoga*** 7:15pm Restorative then Salt</p>	<p>18</p> <p>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</p>	<p>19</p> <p>9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back</p>	<p>20</p> <p>7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 1:15pm Yin in the Salt Cave 4:30pm Yoga Nidra \$5 5:30pm Yoga then Wine!</p>	<p>21</p> <p>8:30am Yoga then Salt Be Happy Goat Yoga! Kids Yoga & Salt Cave Event! 11:30pm Ages 2-pre k 12:45pm Ages kindergarten-10</p>
<p>22</p> <p>1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm Yin Yoga</p>	<p>23</p> <p>8am MorningYoga Blend 9:30am Flow Yoga 12pm Chair Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt</p>	<p>24</p> <p>9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! 5:45pm Chair Yoga*** 7:15pm Restorative then Salt</p>	<p>25</p> <p>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</p>	<p>26</p> <p>9:30am Slow Flow 1pm Chair Yoga 4pm Flow Yoga 5:30pm Prenatal Yoga 7pm Oh! My Aching Back</p>	<p>27</p> <p>7:30a Yoga then Salt 9:30am Level 1 Yoga 11am Gentle Yoga 5:30pm Restorative Yoga</p>	<p>28</p> <p>8:30am Yoga then Salt 10am Yin-Yang 12:30pm Prenatal Yoga</p>
<p>29</p> <p>1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm Yin Yoga</p>	<p>30</p> <p>8am MorningYoga Blend 9:30am Flow Yoga 12pm Chair Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Meditative Warrior with salt</p>	<p>31</p> <p>9:30am Yahweh Yoga 11am Yahweh Gentle 4:00pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative 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>	<p>5pm July 8th Breathwork & Meditation in the Salt Cave \$30*** ***Community Education Series! www.behappybg.com 270-799-8070</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>	<p>Susan Casey June Shigeko Terri Beshka Virginia Frances Lisa P</p> <p>Chie Carmen Tori Amy DeAnna DeAnn Brandy Octavia</p>