



DECEMBER 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 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>KIDS IN THE CAVE! 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>Dec. 30th Sunday workshop - New Year, New You Yoga & Meditation \$20 4:30-6:30pm</p>		<p>__ Susan __ Chie __ Casey June_ Shigeiko __ Tori __ Terri __ Amy __ Beshka __ DeAnna __ Virginia __ DeAnn __ Frances __ Lilli __ Octavia __ Brandy</p>	<p>1 8:30am Yoga then Salt!</p> <p>Yoga Teacher Training!</p>
<p>2 3pm Yoga - All Levels!</p> <p>5:15pm-6:30pm Yin Yoga in the Salt Cave! Special Intro Price!!</p> <p>Yoga Teacher Training!</p>	<p>3 8am Morning Yoga blend with salt! 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!</p>	<p>4 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:00pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative then Salt</p>	<p>5 9:30a Restorative Yoga 11am Meditation \$5* 12pm Midday Flow (45min) 1:15pm Yin Yoga in the Salt Cave 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt</p>	<p>6 9:30am Slow Flow</p> <p>1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt</p>	<p>7 7:30a Yoga then Salt!</p> <p>11am Gentle Yoga</p> <p>5:30pm Restorative Yoga</p>	<p>8 Be Happy Holiday Open House! 2-5pm</p> <p>8:30am Yoga then Salt! 10am Yin-Yang Kids Snowy Yoga & Salt Cave Event! 11:30pm \$10</p>
<p>9 1:30pm Beginner Yoga* 3pm Yoga - All Levels!</p> <p>5:15pm-6:30pm Yin Yoga in the Salt Cave! Special Intro Price!!</p>	<p>10 8am Morning Yoga blend with salt! 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!</p>	<p>11 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:00pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative then Salt</p>	<p>12 9:30a Restorative Yoga 11am Meditation \$5* 12pm Midday Flow (45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt</p>	<p>13 9:30am Slow Flow</p> <p>1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt</p>	<p>14 7:30a Yoga then Salt!</p> <p>11am Gentle Yoga</p> <p>5:30pm Restorative Yoga</p>	<p>15 8:30am Yoga then Salt! 10am Yin-Yang</p> <p>4:30pm Yoga Nidra</p>
<p>16 1:30pm Beginner Yoga* 3pm Yoga - All Levels! 4:30pm Essential Oils Workshop!! 5:15pm-6:30pm Yin Yoga in the Salt Cave! Special Intro Price!!</p>	<p>17 8am Morning Yoga blend with salt! 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!</p>	<p>18 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:00pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative then Salt</p>	<p>19 9:30a Restorative Yoga 11am Meditation \$5 12pm Midday Flow (45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt</p>	<p>20 9:30am Slow Flow</p> <p>1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt</p>	<p>21 7:30a Yoga then Salt!</p> <p>11am Gentle Yoga</p> <p>5:30pm Restorative Yoga</p>	<p>22 8:30am Yoga then Salt! 10am Yin-Yang</p> <p>Winter Solstice Crystal Bowls in the Salt Cave! 3pm & 4:30pm \$30</p>
<p>23rd: 1:30pm Beginner Yoga* 3pm Yoga - All Levels! 5:15pm-6:30pm Yin Yoga in the Salt Cave! 30th: 1:30pm Beginner Yoga 3pm Yoga - All Levels! 5:15pm-6:30pm Yin Yoga in the Salt Cave! 4:30pm WORKSHOP</p>	<p>24 Christmas Eve! \$15 Salt Cave sessions 10am-1pm closing at 3pm</p> <p>9:30am Yoga All-Levels!</p> <p>December 31st: New Year's Eve schedule posts 12/23!</p>	<p>25 Christmas Day! Studio is closed today</p>	<p>26 9:30a Restorative Yoga 11am Meditation \$5 12pm Midday Flow (45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt</p>	<p>27 9:30am Slow Flow</p> <p>1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt</p>	<p>28 7:30a Yoga then Salt!</p> <p>11am Gentle Yoga</p> <p>Yoga then Wine! 5:30pm \$20</p>	<p>29 8:30am Yoga then Salt! 10am Yin-Yang</p>