



# February Be Happy 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</b> <b>Sunday 1pm-6:30pm</b> *Ask us about 25minute Salt Cave Refreshers!	Susan, Chie, Casey June, Shigeko, Tori, Terri, Amy, Beshka, DeAnna, Virginia, DeAnn, Frances, Lilli, Octavia, Brandy, Lisa P, Carmen	<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 <a href="http://www.behappybg.com">www.behappybg.com</a> <b>270-799-8070</b>	<b>February Special!!!</b> <b>Purchase any Massage, Reiki or Thai Yoga Therapy treatment, receive a free Himalayan Salt Cave session! (\$25 value)</b>		1 <b>7:30a Yoga then Salt!</b>  <b>11am Gentle Yoga</b>  <b>Yoga Teacher Training!</b>	2 <b>Groundhog Day!</b> <b>8:30am Yoga then Salt!</b>  <b>12:30pm Yoga Nidra 6 week series, WEEK 4!</b>  <b>Yoga Teacher Training!</b>
3	4	5	6	7	8	9
<b>3pm Yoga - All Levels!</b>  <b>5:15pm-6:30pm Yin Yoga in the Salt Cave!</b>  <b>Yoga Teacher Training!</b>	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!*	9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  4:15pm Integral Yoga! <b>5:45pm Chair Yoga*</b> 7:15pm Restorative+salt	9:30a Restorative Yoga 11am Meditation \$5* 12pm Midday Flow (45min)  3:30pm Beginner Yoga* <b>5:45pm Yin-Yang then salt</b>	9:30am Slow Flow <b>1pm Chair Yoga*</b> 5:45pm Flow Yoga then salt <b>6pm Guided Deep Relaxation in the Cave*</b> 7:15pm Gentle/Level 1 then Salt	<b>7:30a Yoga then Salt!</b>  <b>11am Gentle Yoga</b>  5:30pm Restorative Yoga	8:30am Yoga then Salt! <b>10am Yin-Yang Kids Snowy Yoga &amp; Salt Cave Event! 11:30am \$10</b>  <b>12:30pm Yoga Nidra 6 week series, WEEK 5!</b>
10	11	12	13	14 Valentine's Day!	15	16
<b>1:30pm Beginner Yoga</b> 3pm Yoga - All Levels! With Lisa K!  <b>5:15pm-6:30pm Yin Yoga in the Salt Cave!</b>	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!*	9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  <b>4:15pm Integral Yoga!</b> 5:45pm Chair Yoga* 7:15pm Restorative+salt	9:30a Restorative Yoga 11am Meditation \$5* 12pm Midday Flow (45min)  3:30pm Beginner Yoga* <b>5:45pm Yin-Yang then salt</b>	9:30am Slow Flow  <b>1pm Chair Yoga*</b> 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	<b>7:30a Yoga then Salt!</b>  <b>11am Gentle Yoga</b>  5:30pm Restorative Yoga	8:30am Yoga then Salt! <b>10am Yin-Yang 12:30pm Yoga Nidra 6 week series, WEEK 6!</b>  <b>Chakra Workshop! 2:30-4:30pm \$20</b>
17	18 Robin Shea 1:30pm!	19	20	21	22	23
<b>1:30pm Beginner Yoga</b> <b>3pm Yoga - All Levels!</b>  <b>5:15pm-6:30pm Yin Yoga in the Salt Cave!</b>	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!*	9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  <b>4:15pm Integral Yoga!</b> <b>5:45pm Chair Yoga*</b> 7:15pm Restorative+salt	9:30a Restorative Yoga 11am Meditation \$5 12pm Midday Flow (45min)  3:30pm Beginner Yoga* <b>5:45pm Yin-Yang then salt</b>	9:30am Slow Flow  <b>1pm Chair Yoga*</b> 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	<b>7:30a Yoga then Salt!</b> <b>11am Gentle Yoga</b> <b>1pm Yoga class in Japanese!</b>  <b>Yoga then Wine!</b> <b>5:30pm \$20</b>	8:30am Yoga then Salt! <b>10am Yin-Yang Me &amp; Mommy Yoga Class! 11:30am 45minutes \$15 12:30pm Yoga Nidra</b>  <b>3pm Guided Deep Relaxation in the Salt Cave*</b>
24	25	26	27	28 Yogaville Retreat		
<b>1:30pm Beginner Yoga</b> <b>3pm Yoga - All Levels!</b> <b>4:45pm Essential oil workshop!</b> <b>5:15pm-6:30pm Yin Yoga in the Salt Cave!</b>	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!*	9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  <b>4:15pm Integral Yoga!</b> <b>5:45pm Chair Yoga</b> 7:15pm Restorative+salt	9:30a Restorative Yoga 11am Meditation \$5 12pm Midday Flow (45min)  3:30pm Beginner Yoga <b>5:45pm Yin-Yang then salt</b>	9:30am Slow Flow  <b>1pm Chair Yoga</b> 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt		

