



# 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 7:30a Yoga then Salt!  11am Gentle Yoga  <b>Yoga Teacher Training!</b>	<b>2 Groundhog Day!</b> 8:30am Yoga then Salt!  <b>12:30pm Yoga Nidra 6 week series, WEEK 4!</b>  <b>Yoga Teacher Training!</b>
3  3pm Yoga - All Levels!  <b>5:15pm-6:30pm Yin Yoga in the Salt Cave!</b>  <b>Yoga Teacher Training!</b>	4 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!*	5 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  4:15pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative+salt	6 9:30a Restorative Yoga 11am Meditation \$5* 12pm Midday Flow (45min)  3:30pm Beginner Yoga* 5:45pm Yin-Yang then salt	7 9:30am Slow Flow 1pm Chair Yoga* 5:45pm Flow Yoga then salt <b>6pm Guided Deep Relaxation in the Cave*</b> 7:15pm Gentle/Level 1 then Salt	8 7:30a Yoga then Salt!  11am Gentle Yoga  5:30pm Restorative Yoga	9 8:30am Yoga then Salt! 10am Yin-Yang <b>Kids Snowy Yoga &amp; Salt Cave Event! 11:30am \$10</b>  <b>12:30pm Yoga Nidra 6 week series, WEEK 5!</b>
10 1:30pm Beginner Yoga 3pm Yoga - All Levels! With Lisa K!  <b>5:15pm-6:30pm Yin Yoga in the Salt Cave!</b>	11 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!*	12 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  4:15pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative+salt	13 9:30a Restorative Yoga 11am Meditation \$5* 12pm Midday Flow (45min)  3:30pm Beginner Yoga* 5:45pm Yin-Yang then salt	14 Valentine's Day! 9:30am Slow Flow  1pm Chair Yoga* 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	15 7:30a Yoga then Salt!  11am Gentle Yoga  5:30pm Restorative Yoga	16 8:30am Yoga then Salt! 10am Yin-Yang <b>12:30pm Yoga Nidra 6 week series, WEEK 6!</b>  <b>Chakra Workshop! 2:30-4:30pm \$20</b>
17 1:30pm Beginner Yoga 3pm Yoga - All Levels!  <b>5:15pm-6:30pm Yin Yoga in the Salt Cave!</b>	<b>18 Robin Shea 1:30pm!</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!*	19 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  4:15pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative+salt	20 9:30a Restorative Yoga 11am Meditation \$5 12pm Midday Flow (45min)  3:30pm Beginner Yoga* 5:45pm Yin-Yang then salt	21 9:30am Slow Flow  1pm Chair Yoga* 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	22 7:30a Yoga then Salt! 11am Gentle Yoga <b>1pm Yoga class in Japanese!</b>  <b>Yoga then Wine! 5:30pm \$20</b>	23 8:30am Yoga then Salt! 10am Yin-Yang <b>Me &amp; Mommy Yoga Class! 11:30am 45minutes \$15</b> <b>12:30pm Yoga Nidra</b>  <b>3pm Guided Deep Relaxation in the Salt Cave*</b>
24 1:30pm Beginner Yoga 3pm Yoga - All Levels! <b>4:45pm Essential oil workshop!</b> <b>5:15pm-6:30pm Yin Yoga in the Salt Cave!</b>	25 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!	26 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  4:15pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative+salt	27 9:30a Restorative Yoga 11am Meditation \$5 12pm Midday Flow (45min)  3:30pm Beginner Yoga 5:45pm Yin-Yang then salt	28 Yogaville Retreat 9:30am Slow Flow  1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt		

