



April Be Happy Schedule!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|--|--|
| 31 1:30pm Beginner Yoga 3pm Yoga - All Levels! | 1 Spring Break! 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt! | 2 Spring Break! 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative+salt | 3 Spring Break! 9:30am Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt | 4 Spring Break! 9:30am Slow Flow 1pm Chair Yoga 2:30-4:30pm Beginner Yoga Workshop! \$20 5:45pm Flow Yogathensalt 7:15pm Gentle/Level 1 then Salt | 5 Spring Break! 7:30a Yoga then Salt! 9:30am Level 1 Yoga 11am Gentle Yoga 12:45pm Midday Flow (45min) Yoga Teacher Training! | 6 Spring Break! 8:30am Yoga then Salt! 10:30am Be Happy Goat Yoga at Buckcreek Stables! Yoga Teacher Training! |
| 7 Spring Break! 3pm Yoga - All Levels! Yoga Teacher Training Graduation! | 8 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt! | 9 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga* 6pm Guided Deep Relaxation in the Cave* 7:15pm Restorative+salt | 10 9:30am Gentle Yoga 11am Meditation \$5* 12pm Midday Flow (45min) 3:30pm Beginner Yoga* 5:45pm Yin-Yang then salt | 11 9:30am Slow Flow 1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt | 12 7:30a Yoga then Salt! 9:30am Level 1 Yoga 11am Gentle Yoga 12:45pm Midday Flow (45min) 5:30pm Restorative Yoga | 13 8:30am Yoga then Salt! 10am Yin-Yang 12:45pm Yoga Nidra 6 week series, WEEK 1! 2:15pm Yoga Nidra Class 6:30pm Yoga in Lost River Cave! |
| 14 1:30pm Beginner Yoga 3pm Yoga - All Levels! 5:15pm-6:30pm Yin Yoga in the Salt Cave! | 15 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!* | 16 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative+salt | 17 9:30am Gentle Yoga 11am Meditation \$5* 12pm Midday Flow (45min) 3:30pm Beginner Yoga* 5:45pm Yin-Yang then salt | 18 9:30am Slow Flow 1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt | 19 Good Friday! 7:30a Yoga then Salt! 9:30am Level 1 Yoga 11am Gentle Yoga 12:45pm Midday Flow (45min) 5:30pm Restorative Yoga | 20 8:30am Yoga then Salt! 10am Yin-Yang Kids Yoga & Salt Cave Event Egg Hunt! 11:30am \$15 12:45pm Yoga Nidra 6 week series, WEEK 2! 2:15pm Yoga Nidra Class |
| 21 Easter Day! (studio is closed on this day) | 22 Earth Day! 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!* | 23 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative+salt | 24 9:30am Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min) 3:30pm Beginner Yoga* 5:45pm Yin-Yang then salt | 25 9:30am Slow Flow 1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt | 26 7:30a Yoga then Salt! 9:30am Level 1 Yoga 11am Gentle Yoga 1pm Yoga Class in Japanese! Yoga then Wine! 5:30pm \$20 | 27 8:30am Yoga then Salt! 10am Yin-Yang 11:30am Mommy & Me 12:45pm Yoga Nidra 6 week series, WEEK 3! 2:15pm Yoga Nidra Class 3pm Guided Deep Relaxation in the Salt Cave |
| 28 1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:45pm Essential Oil Workshop: spring allergies! 5:15pm-6:30pm Yin Yoga in the Salt Cave! | 29 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt! | 30 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative+salt | Spring Break Unlimited Sale: April 1st-7th Unlimited Yoga \$35 Unlimited Salt Cave \$75 \$15 Himalayan Salt Cave sessions on Earth Day, April 22nd! | 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! | KIDS IN THE CAVE! 25 minute sessions \$20 for one adult and child, \$5 for each add'l child Monday-Friday 9:30am 9:00am Saturdays www.behappybg.com 270-799-8070 | ___ Susan ___ Chie ___ Casey June_ Shigeko ___ Tori ___ Terri ___ Amy ___ Beshka ___ DeAnna ___ Virginia ___ DeAnn ___ Frances ___ Lilli ___ Octavia ___ Brandy___ Carmen |