



# August Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Susan, Trudy, Gina, Virginia, Alesia, Mary, Maria, Allie, Liz</p> <p>Chie, Amy, Beshka, Frances, Shigeiko, Angie, April, Sheila, Angela</p>	<p>1</p> <p>9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class</p>	<p>2</p> <p>9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga <u>3:15pm Guided Meditation Series</u> 5:45pm Restorative Yoga then Salt</p>	<p>3</p> <p>9:15am Gentle Yoga 12:15pm Midday Stretch &amp; Flow Yoga 3:30pm Beginners to Basics Yoga 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>4</p> <p>9:45am Slow Flow 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga</p>	<p>5</p> <p>9:15am Level 1 Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga 3:30pm Restorative Yoga then Salt 5pm TGIF Flow</p>	<p>6</p> <p>8:30am Yoga then Salt! 10:30am Yin-Yang Yoga</p>
<p>7</p> <p>11:30am Runners' Rest Day Yoga then Salt 1:30pm Beginners to Basics 3pm Yoga then Salt</p>	<p>8</p> <p>9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class</p>	<p>9</p> <p>9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 5:45pm Restorative Yoga then Salt</p>	<p>10</p> <p>9:15am Gentle Yoga 12:15pm Midday Stretch &amp; Flow Yoga 3:30pm Beginners to Basics Yoga* 5pm Prenatal Yoga <u>6:30pm Yoga in Lost River Cave</u></p>	<p>11</p> <p>9:45am Slow Flow 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga</p>	<p>12 YTT</p> <p>9:15am Level 1 Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga 3:30pm Restorative Yoga then Salt</p>	<p>13 YTT</p> <p>8:30am Yoga then Salt!</p>
<p>14 YTT</p> <p>3pm Yoga then Salt</p>	<p>15</p> <p>9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class</p>	<p>16</p> <p>9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 5:45pm Restorative Yoga then Salt</p>	<p>17</p> <p>9:15am Gentle Yoga 12:15pm Midday Stretch &amp; Flow Yoga 3:30pm Beginners to Basics Yoga* 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>18</p> <p>9:45am Slow Flow 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga <u>6pm Yoga IN the Salt Cave</u></p>	<p>19</p> <p>9:15am Level 1 Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga 3:30pm Restorative Yoga then Salt 5pm TGIF Flow</p>	<p>20</p> <p>8:30am Yoga then Salt! <u>10am Kids Yoga in the Salt Cave</u> 10:30am Yin-Yang Yoga <u>2pm Guided Relaxation &amp; Breathwork in the Salt Cave</u></p>
<p>21</p> <p>11:30am Runners' Rest Day Yoga then Salt 1:30pm Beginners to Basics 3pm Yoga then Salt <u>6:30pm Yoga in Lost River Cave</u></p>	<p>22</p> <p>9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class</p>	<p>23</p> <p>9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 5:45pm Restorative Yoga then Salt</p>	<p>24</p> <p>9:15am Gentle Yoga 12:15pm Midday Stretch &amp; Flow Yoga 3:30pm Beginners to Basics Yoga* 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>25</p> <p>9:45am Slow Flow 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga</p>	<p>26</p> <p>9:15am Level 1 Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga 3:30pm Restorative Yoga then Salt 5pm TGIF Flow</p>	<p>27</p> <p>8:30am Yoga then Salt! 10:30am Yin-Yang Yoga</p>
<p>28</p> <p>11:30am Runners' Rest Day Yoga then Salt 1:30pm Beginners to Basics 3pm Yoga then Salt</p>	<p>29</p> <p>9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class</p>	<p>30</p> <p>9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 5:45pm Restorative Yoga then Salt</p>	<p>31</p> <p>9:15am Gentle Yoga 12:15pm Midday Stretch &amp; Flow Yoga 3:30pm Beginners to Basics Yoga 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>Receive \$10 off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a Thai Yoga or massage treatment!</p>	<p>45min Salt Cave sessions begin at the top of each hour: <b>Monday-Friday 10am-6pm</b> <b>Saturday 10am-5pm</b> <b>Sunday 1pm-3pm</b></p>	<p><b>Underlined events are special pricing. Please ask for details!</b> Must sign up for classes at least 1 hour in advance to allow us to maintain social distancing procedures! <a href="http://www.behappybg.com">www.behappybg.com</a> 270-799-8070</p>