



August Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 1:15pm Beginner Yoga 3:15pm Yoga - All Levels!	3 9:15am Restorative Yoga 12:15pm Midday All Levels Yoga 4:15pm Yahweh Yoga Level 2 5:45pm Level 1 Yoga/ Medical Center class	4 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga 5:30pm Restorative Yoga	5 9:15am Gentle Yoga 11:15am Guided Meditation \$5* 12:15pm Midday Flow Yoga 3:15pm Beginner Yoga* 5:30pm Yang-Yin Yoga 7pm Graves Gilbert Class	6 9:45am Slow Flow 1:15pm Chair Yoga 5:30pm Gentle/Level 1 Yoga	7 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga 5:30pm Restorative Yoga	1st 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga <hr/> 8th 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga
9 1:15pm Beginner Yoga 3:15pm Yoga - All Levels!	10 9:15am Restorative Yoga 12:15pm Midday All Levels Yoga 4:15pm Yahweh Yoga Level 2 5:45pm Level 1 Yoga/ Medical Center class	11 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga 5:30pm Restorative Yoga	12 9:15am Gentle Yoga 11:15am Guided Meditation \$5* 12:15pm Midday Flow Yoga 3:15pm Beginner Yoga* 5:30pm Yang-Yin Yoga 7pm Graves Gilbert Class	13 9:45am Slow Flow 1:15pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga	14 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga 6:45pm Sunset Yoga in the Vineyard! \$15	15 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga 3pm Guided Deep Relaxation in the Cave*
16 1:15pm Beginner Yoga 3:15pm Yoga - All Levels!	17 9:15am Restorative Yoga 12:15pm Midday All Levels Yoga 4:15pm Yahweh Yoga Level 2 5:45pm Level 1 Yoga/ Medical Center class	18 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga 5:30pm Restorative Yoga	19 9:15am Gentle Yoga 11:15am Guided Meditation \$5 12:15pm Midday Flow Yoga 3:15pm Beginner Yoga* 5:30pm Yang-Yin Yoga 7pm Graves Gilbert Class	20 9:45am Slow Flow 1:15pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga	21 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga 5:30pm Restorative Yoga	22 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga
23 1:15pm Beginner Yoga 3:15pm Yoga - All Levels!	24 9:15am Restorative Yoga 12:15pm Midday All Levels Yoga 4:15pm Yahweh Yoga Level 2 5:45pm Level 1 Yoga/ Medical Center class	25 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga 5:30pm Restorative Yoga 6pm Guided Deep Relaxation in the Cave	26 9:15am Gentle Yoga 11:15am Guided Meditation \$5 12:15pm Midday Flow Yoga 3:15pm Beginner Yoga 5:30pm Yang-Yin Yoga 7pm Graves Gilbert Class	27 9:45am Slow Flow 1:15pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga	28 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga 5:30pm Yoga then Wine	29 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga Restorative yoga + crystal bowl/gong sound bath: 1:15pm & 3:15pm 5:15pm Sound bath in the Himalayan salt cave!
30 1:15pm Beginner Yoga 3:15pm Yoga - All Levels!	31 9:15am Restorative Yoga 12:15pm Midday All Levels Yoga 4:15pm Yahweh Yoga Level 2 5:45pm Level 1 Yoga/ Medical Center class	Must sign up for classes at least 1 hour in advance to better maintain social distancing procedures!	45min Salt Cave sessions begin at the top of each hour: Monday-Friday 10am-6pm Saturday 10am-5pm Sunday 1pm-6pm	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! www.behappybg.com 270-799-8070	___ Susan ___ Chie ___ Casey June ___ Lilli ___ Amy ___ Beshka ___ DeAnna ___ Virginia ___ DeAnn ___ Frances ___ Debbie ___ Alesia ___ Shigeko ___ April ___ Mary	Join us for these special Virtual ONLY classes: Prenatal Yoga Yoga Nidra