



July Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Must sign up for classes at least 1 hour in advance to allow us to maintain social distancing procedures! www.behappybg.com 270-799-8070</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: Monday-Friday 10am-6pm Saturday 10am-5pm Sunday 1pm-3pm</p>	<p>Susan Trudy Gina Virginia Alesia Mary Maria Allie Liz</p> <p>Chie Amy Beshka Frances Shigeko Angie April Sheila Angela</p>	<p>Underlined events are special pricing. Please ask for details!</p>	<p>1 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>2 8:30am Yoga then Salt! <u>10am Kids Yoga in the Salt Cave</u> 10:30am Yin-Yang Yoga <u>1pm Guided Meditation & Breathwork in the Salt Cave</u> <u>1:30pm Yoga through Depression: 8-week Series</u></p>
<p>3 1:30pm Beginners to Basics 3pm Yoga then Salt</p>	<p>4 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga Closing at 3pm.</p>	<p>5 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 5:45pm Restorative Yoga then Salt</p>	<p>6 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 3:30pm Beginners to Basics Yoga 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>7 9:45am Slow Flow 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga</p>	<p>8 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>9 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga <u>1:30pm Yoga through Depression: 8-week Series</u> <u>3pm Guided Deep Relaxation in the Salt Cave</u></p>
<p>10 11:30am Runners' Rest Day Yoga then Salt <u>1pm Flow Yoga in the Salt Cave</u> 1:30pm Beginners to Basics 3pm Yoga then Salt</p>	<p>11 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class</p>	<p>12 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 5:45pm Restorative Yoga then Salt</p>	<p>13 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 3:30pm Beginners to Basics Yoga 6:30pm Slow Flow</p>	<p>14 9:45am Slow Flow 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga</p>	<p>15 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>16 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga <u>1:30pm Yoga through Depression: 8-week Series</u></p>
<p>17 11:30am Runners' Rest Day Yoga then Salt 1:30pm Beginners to Basics 3pm Yoga then Salt</p>	<p>18 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class</p>	<p>19 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga <u>3:15pm Guided Meditation Series</u> 5:45pm Restorative Yoga then Salt</p>	<p>20 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 3:30pm Beginners to Basics Yoga 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>21 9:45am Slow Flow 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga <u>6:30pm Yoga at Lost River Cave</u></p>	<p>22 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>23 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga <u>1:30pm Yoga through Depression: 8-week Series</u> <u>4:15pm Flow Yoga in the Salt Cave</u></p>
<p>24 <u>7:45am Trauma Informed Yoga Workshop - CEUs</u> 3pm Yoga then Salt</p> <p>31 11:30am Runners' Rest Day Yoga then Salt 1:30pm Beginners to Basics 3pm Yoga then Salt</p>	<p>25 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class</p>	<p>26 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga <u>3:15pm Guided Meditation Series</u> 5:45pm Restorative Yoga then Salt</p>	<p>27 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 3:30pm Beginners to Basics Yoga 6:30pm Slow Flow</p>	<p>28 9:45am Slow Flow 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga</p>	<p>29 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>30 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga <u>11:30am Yoga in the Vineyard</u> <u>1:30pm Yoga through Depression: 8-week Series</u></p>