



June 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>1 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>2 9:45am Slow Flow 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga</p>	<p>3 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>4 6am Sunrise Flow 8:30am Yoga then Salt <u>10am Kids Yoga in the Salt Cave</u> 10:30am Yin-Yang Yoga <u>1:30pm Yoga through Depression: 8-week Series</u></p>																				
<p>5 1:30pm Beginners to Basics Yoga 3pm Yoga then Salt</p>	<p>6 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class</p>	<p>7 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 5:45pm Restorative Yoga then Salt</p>	<p>8 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>9 9:45am Slow Flow 1:30pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga</p>	<p>10 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>11 6am Sunrise Flow 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga <u>1:30pm Yoga through Depression: 8-week Series</u></p>																				
<p>12 1:30pm Beginners to Basics Yoga 3pm Yoga then Salt</p>	<p>13 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class</p>	<p>14 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 5:45pm Restorative Yoga then Salt</p>	<p>15 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>16 9:45am Slow Flow 1:30pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga</p>	<p>17 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>18 6am Sunrise Flow 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga <u>1:30pm Yoga through Depression: 8-week Series</u></p>																				
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<p>26 1:30pm Beginners to Basics Yoga 3pm Yoga then Salt</p>	<p>27 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class</p>	<p>28 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 5:45pm Restorative Yoga then Salt</p>	<p>29 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>30 9:45am Slow Flow 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga</p>	<p>Underlined events are special pricing. Please ask for details!</p>	<table border="0"> <tr> <td>Susan</td> <td>Chie</td> </tr> <tr> <td>Trudy</td> <td>Amy</td> </tr> <tr> <td>Gina</td> <td>Beshka</td> </tr> <tr> <td>Dava</td> <td>Virginia</td> </tr> <tr> <td>Frances</td> <td>Alesia</td> </tr> <tr> <td>DeAnn</td> <td>Shigeko</td> </tr> <tr> <td>Mary</td> <td>Angie</td> </tr> <tr> <td>Maria</td> <td>April</td> </tr> <tr> <td>Allie</td> <td>Sheila</td> </tr> <tr> <td>Liz</td> <td>Angela</td> </tr> </table>	Susan	Chie	Trudy	Amy	Gina	Beshka	Dava	Virginia	Frances	Alesia	DeAnn	Shigeko	Mary	Angie	Maria	April	Allie	Sheila	Liz	Angela
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