



# June Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>We are active on social media! Follow us on Facebook, Instagram and Twitter Be Happy BG!</p> <p>behappybg.com</p>	<p>___ Susan ___ Chie ___ Casey June ___ Dava ___ Terri ___ Amy ___ Beshka ___ DeAnna ___ Virginia ___ DeAnn ___ Frances ___ Lilli ___ Lisa Lerner ___ Brandy ___ Debbie ___ Alesia ___ April ___ Shigeke</p>		<p>45min Salt Cave sessions begin at the top of each hour: <b>Monday-Saturday 10am-6:30pm Sunday 1pm-6:30pm</b></p> <p>*Ask us about 25minute Salt Cave Refreshers!</p>	<p><b>KIDS IN THE CAVE!</b> 25 minute sessions \$20 for one adult and child, \$5 for each add'l child Monday-Friday 9:30am 9:00am Saturdays <a href="http://www.behappybg.com">www.behappybg.com</a> <b>270-799-8070</b></p>		<p>1 8:30am Yoga then Salt! 10am Yin-Yang 12:45pm Yoga Nidra Class</p>
<p>2 1:30pm Beginner Yoga 3pm Yoga - All Levels!</p>	<p>3 9:30am Flow Yoga 12pm Beginner Yoga  4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!</p>	<p>4 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  4:15pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative+salt</p>	<p>5 9:30am Gentle Yoga 11am Meditation \$5* 12pm Midday Flow (45min) 3:30pm Beginner Yoga* 5:45pm Yin-Yang then salt 7:15pm Level 1 Yoga</p>	<p>6 9:30am Slow Flow  1pm Chair Yoga 5:45pm Flow Yoga thensalt 7:15pm Gentle/Level 1 then Salt</p>	<p>7 7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min)  5:30pm Restorative Yoga</p>	<p>8 8:30am Yoga then Salt! 10am Yin-Yang <b>Mommy &amp; Me Yoga 11:30am</b> 12:45pm Yoga Nidra Class</p>
<p>9 1:30pm Beginner Yoga 3pm Yoga - All Levels!</p> <p><b>5:15pm-6:30pm Yin Yoga in the Salt Cave!</b></p>	<p>10 9:30am Flow Yoga 12pm Beginner Yoga  4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!*</p>	<p>11 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga* <b>6pm Guided Deep Relaxation in the Cave*</b> 7:15pm Restorative+salt</p>	<p>12 9:30am Gentle Yoga 11am Meditation \$5* 12pm Midday Flow (45min)  3:30pm Beginner Yoga* 5:45pm Yin-Yang then salt 7:15pm Level 1 Yoga</p>	<p>13 9:30am Slow Flow  1pm Chair Yoga 5:45pm Flow Yoga thensalt 7:15pm Gentle/Level 1 then Salt</p>	<p>14 7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min)  5:30pm Restorative Yoga</p>	<p>15 8:30am Yoga then Salt! 10am Yin-Yang 12:45pm Yoga Nidra Class</p>
<p><b>16 Father's Day! Bring dad for free-must register in advance!</b></p> <p>1:30pm Beginner Yoga 3pm Yoga - All Levels!</p>	<p>17 9:30am Flow Yoga 12pm Beginner Yoga  4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!*</p>	<p>18 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  4:15pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative+salt</p>	<p>19 9:30am Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min) 3:30pm Beginner Yoga* 5:45pm Yin-Yang then salt 7:15pm Level 1 Yoga</p>	<p>20 9:30am Slow Flow  1pm Chair Yoga 5:45pm Flow Yoga thensalt 7:15pm Gentle/Level 1 then Salt</p>	<p><b>21 Int'l Day of Yoga! \$5!</b> 7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min)  5:30pm Restorative Yoga</p>	<p>22 8:30am Yoga then Salt! 10am Yin-Yang <b>10:30am Be Happy Goat Yoga</b> 12:45pm Yoga Nidra Class <b>3pm Guided Deep Relaxation in the Salt Cave</b></p>
<p>23 1:30pm Beginner Yoga 3pm Yoga - All Levels!</p> <p>30th 1:30pm Beginner Yoga 3pm Yoga - All Levels!</p>	<p>24 9:30am Flow Yoga 12pm Beginner Yoga  4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!</p>	<p>25 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  4:15pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative+salt</p>	<p>26 9:30am Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt 7:15pm Level 1 Yoga</p>	<p>27 9:30am Slow Flow  1pm Chair Yoga 5:45pm Flow Yoga thensalt 7:15pm Gentle/Level 1 then Salt</p>	<p>28 7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min) <b>Yoga then Wine! 5:30pm \$20</b></p>	<p>29 8:30am Yoga then Salt! 10am Yin-Yang 12:45pm Yoga Nidra Class  <b>Kids Yoga &amp; Salt Cave Event! 11:30am \$15</b></p>