



# March Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>1:30pm Beginner Yoga 3pm Yoga - All Levels!</p>	<p>2</p> <p>9:30am Restorative Yoga 12pm Midday Flow (45 min)</p> <p>4pm Slow Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga then salt!*</p>	<p>3</p> <p>9:30am Yahweh Yoga \$5 11am Yahweh Gentle \$5 1pm Slow Flow</p> <p>5:45pm Chair Yoga 7:15pm Restorative+salt</p>	<p>4</p> <p>9:30am Gentle Yoga 11am Meditation \$5* 12pm Midday Flow (45min)</p> <p>3:30pm Beginner Yoga 5:45pm Yang-Yin then salt</p>	<p>5</p> <p>9:30am Slow Flow 11am Beginner Yoga 1pm Chair Yoga</p> <p>5:30pm Flow Yoga 7pm Gentle/Level 1 then Salt!</p>	<p>6</p> <p>7:30am Yoga then Salt! 10:30am Gentle Yoga 12pm Midday Flow (45min)</p> <p>5:30pm Restorative Yoga</p>	<p>7</p> <p>8:30am Yoga then Salt! 10am Yin-Yang Yoga <b>11:30am Kids yoga and salt cave event!</b></p>
<p>8</p> <p>1:30pm Beginner Yoga* 3pm Yoga - All Levels! 4:30pm Yoga Nidra Class</p>	<p>9</p> <p>9:30am Restorative Yoga 12pm Midday Flow (45 min)</p> <p>4pm Slow Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga then salt!*</p>	<p>10</p> <p>9:30am Yahweh Yoga \$5 11am Yahweh Gentle \$5 1pm Slow Flow</p> <p>5:45pm Chair Yoga* 7:15pm Restorative+salt</p>	<p>11</p> <p>9:30am Gentle Yoga 11am Meditation \$5* 12pm Midday Flow (45min)</p> <p>3:30pm Beginner Yoga 5:45pm Yang-Yin then salt 7pm GGC Exclusive Class!</p>	<p>12</p> <p>9:30am Slow Flow 11am Beginner Yoga 1pm Chair Yoga</p> <p>5:30pm Flow Yoga 7pm Gentle/Level 1 then Salt!</p>	<p>13</p> <p>7:30am Yoga then Salt! 10:30am Gentle Yoga 12pm Midday Flow (45min)</p> <p>5:30pm Restorative Yoga</p>	<p>14</p> <p>8:30am Yoga then Salt! 10am Yin-Yang Yoga 12:45pm Yoga Nidra Class</p>
<p>15</p> <p>1:30pm Beginner Yoga* 3pm Yoga - All Levels! <b>4:45pm DIY Essential Emotions Oil workshop!</b></p>	<p>16</p> <p>9:30am Restorative Yoga 12pm Midday Flow (45 min)</p> <p>4pm Slow Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga then salt!*</p>	<p>17 Wear green for \$5 yoga classes all day!</p> <p>9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 5:45pm Chair Yoga* <b>6pm Guided Deep Relaxation in the Cave*</b> 7:15pm Restorative+salt</p>	<p>18</p> <p>9:30am Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min)</p> <p>3:30pm Beginner Yoga 5:45pm Yang-Yin then salt</p>	<p>19</p> <p>9:30am Slow Flow 11am Beginner Yoga 1pm Chair Yoga</p> <p>5:30pm Flow Yoga 7pm Gentle/Level 1 then Salt!</p>	<p>20 International Day of Happiness! <b>\$15 salt cave sessions!</b> 7:30am Yoga then Salt! 10:30am Gentle Yoga 12pm Midday Flow (45min)</p> <p><b>5:30pm Yoga then Wine</b></p>	<p>21</p> <p>8:30am Yoga then Salt! 10am Yin-Yang Yoga 12:45pm Yoga Nidra Class</p>
<p>22</p> <p>1:30pm Beginner Yoga* 3pm Yoga - All Levels! <b>4:30pm Yoga in the Salt Cave!</b></p>	<p>23</p> <p>9:30am Restorative Yoga 12pm Midday Flow (45 min)</p> <p>4pm Slow Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga then salt!</p>	<p>24</p> <p>9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow</p> <p>5:45pm Chair Yoga* 7:15pm Restorative+salt</p>	<p>25</p> <p>9:30am Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min)</p> <p>3:30pm Beginner Yoga 5:45pm Yang-Yin then salt 7pm GGC Exclusive Class!</p>	<p>26</p> <p>9:30am Slow Flow 11am Beginner Yoga 1pm Chair Yoga</p> <p>5:30pm Flow Yoga 7pm Gentle/Level 1 then Salt!</p>	<p>27</p> <p>7:30am Yoga then Salt! 10:30am Gentle Yoga 12pm Midday Flow (45min)</p> <p><b>Yoga Teacher Training</b></p>	<p>28</p> <p>8:30am Yoga then Salt! <b>Be Happy Goat Yoga at Buck Creek Stables!</b> <b>2pm Guided Deep Relaxation in the Cave</b></p> <p><b>Yoga Teacher Training</b></p>
<p>29</p> <p>3pm Yoga - All Levels!</p> <p><b>Yoga Teacher Training</b></p>	<p>30</p> <p>9:30am Restorative Yoga 12pm Midday Flow (45 min)</p> <p>4pm Slow Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga then salt!</p>	<p>31</p> <p>9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow</p> <p>5:45pm Chair Yoga 7:15pm Restorative+salt</p>	<p><b>Receive \$10 off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a massage/treatment!</b></p>	<p>45min Salt Cave sessions begin at the top of each hour: <b>Monday-Saturday 10am-6:30pm</b> <b>Sunday 1pm-6:30pm</b> *Ask us about 25minute Salt Cave Refreshers</p>	<p>___ Susan ___ Chie ___ Casey June ___Trudy ___ Carmen ___Terri ___ Amy ___Beshka ___DeAnna ___Virginia ___DeAnn ___Frances ___Lilli ___Lisa Kearny ___Debbie ___Alesia ___April ___Shigeko</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>