



# March Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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!	__ Susan __ Chie __ Casey June_ Shigeko __ Tori __ Terri __ Amy __ Beshka __ DeAnna __ Virginia __ DeAnn __ Frances __ Lilli __ Octavia __ Brandy __ Carmen __ Lisa Kearny	<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>	<b>March 20th is the International Day of Happiness and the first day of Spring!</b>  <b>Timothy Mast is back with crystal bowls to celebrate the spring equinox!</b>		1 Yoga Retreat  7:30a Yoga then Salt! 9:30am Level 1 Yoga 11am Gentle Yoga 12:45pm Midday Flow (45min)  5:30pm Restorative Yoga	2 Yoga Retreat  8:30am Yoga then Salt!  10am Studio Painting!
3 Yoga Retreat  1:30pm Beginner Yoga 3pm Yoga - All Levels!	4 8am Morning Yoga blend with salt! 9:30am Flow Yoga 12pm Beginner Yoga* 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!*	5 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  4:15pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative+salt	6 9:30a Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min)  3:30pm Beginner Yoga 5:45pm Yin-Yang then salt	7 9:30am Slow Flow  1pm Chair Yoga* 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	8 7:30a Yoga then Salt! 9:30am Level 1 Yoga 11am Gentle Yoga 12:45pm Midday Flow (45min)  5:30pm Restorative Yoga	9 8:30am Yoga then Salt! 10am Yin-Yang  <b>12:45pm Yoga Nidra</b>
10 1:30pm Beginner Yoga 3pm Yoga - All Levels!  <b>5:15pm-6:30pm Yin Yoga in the Salt Cave!</b>	11 8am Morning Yoga blend with salt! 9:30am Flow Yoga 12pm Beginner Yoga* 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!*	12 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	13 9:30a Gentle Yoga 11am Meditation \$5* 12pm Midday Flow (45min)  3:30pm Beginner Yoga 5:45pm Yin-Yang then salt	14 9:30am Slow Flow  1pm Chair Yoga* 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	15 7:30a Yoga then Salt! 9:30am Level 1 Yoga 11am Gentle Yoga 12:45pm Midday Flow (45min)  Yoga Teacher Training	16 8:30am Yoga then Salt!  <b>12:45pm Yoga Nidra with Crystal Bowls! \$20</b>  <b>Timothy Mast &amp; Crystal Bowls in the Cave! \$30</b> Yoga Teacher Training
17 St. Patrick's Day <b>Wear green to the Himalayan Salt Cave for \$5 off your session!</b>  3pm Yoga - All Levels!  Yoga Teacher Training	18 8am Morning Yoga blend with salt! 9:30am Flow Yoga 12pm Beginner Yoga* 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!	19 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow  4:15pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative+salt	<b>20 Spring Equinox!</b> 9:30a Gentle Yoga 11am Meditation \$5* 12pm Midday Flow (45min)  3:30pm Beginner Yoga 5:45pm Yin-Yang then salt	21 9:30am Slow Flow  1pm Chair Yoga* 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	22 7:30a Yoga then Salt! 9:30am Level 1 Yoga 11am Gentle Yoga <b>1pm Yoga class in Japanese!</b>  5:30pm Restorative Yoga	23 Aromatherapy WKSP 8:30am Yoga then Salt! 10am Yin-Yang <b>Kids Yoga &amp; Salt Cave Event! 11:30am \$15</b>  <b>12:45pm Yoga Nidra</b>
24 1:30pm Beginner Yoga 3pm Yoga - All Levels! <b>4:45pm Essential oil workshop: Muscle &amp; Joint Health</b> <b>5:15pm-6:30pm Yin Yoga in the Salt Cave!</b>	25 8am Morning Yoga blend with salt! 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga thensalt!	26 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	27 9:30a Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min)  3:30pm Beginner Yoga 5:45pm Yin-Yang then salt	28 Yogaville Retreat 9:30am Slow Flow  1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	29 7:30a Yoga then Salt! 9:30am Level 1 Yoga 11am Gentle Yoga 12:45pm Midday Flow (45min)  <b>Yoga then Wine!</b> <b>5:30pm \$20</b>	30 8:30am Yoga then Salt! 10am Yin-Yang  <b>12:45pm Yoga Nidra</b>