



# May Be Happy Schedule!

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|---|---|--|--|--|--|
| Susan, Chie, Trudy, Amy, Gina, Beshka, Dava, Virginia, Frances, Alesia, Liz, Apri, DeAnn, Shigeko, Mary, Angie, Maria, Angela, Allie, Sheila | 2<br>9:15am Restorative Yoga<br>12:15pm Midday Yoga - All Levels!<br>1:30pm Chair Yoga<br>5:30pm Level 1 Yoga/<br>Medical Center class                    | 3<br>9:15am Yahweh Yoga<br>11:15am Yahweh Gentle Yoga<br><u>4pm Yoga for Stress &amp; Anxiety 6-week Series</u><br>5:45pm Restorative Yoga then Salt                      | 4<br>9:15am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>3:30pm Beginners to Basics Yoga<br>5pm Prenatal Yoga<br>6:30pm Slow Flow  | 5<br>9:45am Slow Flow<br>1:30pm Chair Yoga<br>5:30pm Gentle/Level 1 Yoga<br><u>5:30pm Cinco de Mayo - Yoga then Margaritas</u>                 | 6<br>9:15am Level 1 Yoga<br>10:45am Gentle Yoga<br>12:15pm Midday Flow Yoga<br>3:30pm Restorative Yoga then Salt                                       | 7<br>6am Sunrise Flow<br>8:30am Yoga then Salt!<br><u>10am Kids Yoga in the Salt Cave!</u><br>10:30am Yin-Yang Yoga<br>12:15pm Midday Flow Yoga  |
| 1 YTT<br>3pm Yoga then Salt<br>8 Mother's Day<br>1:30pm Beginners to Basics Yoga<br>3pm Yoga then Salt                                       | 9<br>9:15am Restorative Yoga<br>12:15pm Midday Yoga - All Levels!<br>1:30pm Chair Yoga*<br>5:30pm Level 1 Yoga/<br>Medical Center class                   | 10<br>9:15am Yahweh Yoga<br>11:15am Yahweh Gentle Yoga<br><u>4pm Yoga for Stress &amp; Anxiety 6-week Series</u><br>5:45pm Restorative Yoga then Salt                     | 11<br>9:15am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>3:30pm Beginners to Basics Yoga<br>5pm Prenatal Yoga<br>6:30pm Slow Flow   | 12<br>9:45am Slow Flow<br>1:30pm Chair Yoga<br>5:30pm Gentle/Level 1 Yoga  | 13<br>9:15am Level 1 Yoga<br>10:45am Gentle Yoga<br>12:15pm Midday Flow Yoga<br>3:30pm Restorative Yoga then Salt                                      | 14 \$6 Yoga Classes<br>6am Sunrise Flow<br>8:30am Yoga then Salt!<br>10:30am Yin-Yang Yoga<br>12:15pm Midday Flow Yoga<br><u>**Check bottom of schedule for special events today!</u>                        |
| 15 \$6 Yoga Classes<br>1:30pm Beginners to Basics Yoga*<br>3pm Yoga then Salt  | 16 \$6 Yoga Classes<br>9:15am Restorative Yoga<br>12:15pm Midday Yoga - All Levels!<br>1:30pm Chair Yoga*<br>5:30pm Level 1 Yoga/<br>Medical Center class | 17 \$6 Yoga Classes<br>9:15am Yahweh Yoga<br>11:15am Yahweh Gentle Yoga<br><u>3:30pm Yoga for Stress &amp; Anxiety 6-week Series</u><br>5:45pm Restorative Yoga then Salt | 18 \$6 Yoga Classes<br>9:15am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>3:30pm Beginners to Basics Yoga<br>6:30pm Slow Flow   | 19 \$6 Yoga Classes<br>9:45am Slow Flow<br>1:30pm Chair Yoga*<br>5:30pm Gentle/Level 1 Yoga  | 20 6th Anniversary!<br>\$6 Yoga Classes<br>9:15am Level 1 Yoga<br>10:45am Gentle Yoga<br>12:15pm Midday Flow Yoga<br>3:30pm Restorative Yoga then Salt | 21<br>6am Sunrise Flow<br>8:30am Yoga then Salt!<br>10:30am Yin-Yang Yoga<br>12:15pm Midday Flow Yoga  |
| 22<br>1:30pm Beginners to Basics Yoga*<br>3pm Yoga then Salt   | 23<br>9:15am Restorative Yoga<br>12:15pm Midday Yoga - All Levels!<br>1:30pm Chair Yoga*<br>5:30pm Level 1 Yoga/<br>Medical Center class                  | 24<br>9:15am Yahweh Yoga<br>11:15am Yahweh Gentle Yoga<br>5:45pm Restorative Yoga then Salt   | 25<br>9:15am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>3:30pm Beginners to Basics Yoga<br>5pm Prenatal Yoga<br>6:30pm Slow Flow   | 26<br>9:45am Slow Flow<br>1:30pm Chair Yoga*<br>5:30pm Gentle/Level 1 Yoga   | 27<br>9:15am Level 1 Yoga<br>10:45am Gentle Yoga<br>12:15pm Midday Flow Yoga<br>3:30pm Restorative Yoga then Salt                                      | 28<br>6am Sunrise Flow<br>8:30am Yoga then Salt!<br><u>10am Goat Yoga!</u><br>10:30am Yin-Yang Yoga<br><u>12:15pm Flow Yoga in the Salt Cave</u><br><u>3:30pm Yoga in the Vineyard</u>                       |
| 29<br>1:30pm Beginners to Basics Yoga*<br>3pm Yoga then Salt   | 30 Memorial Day<br>9:15am Restorative Yoga<br>12:15pm Midday Yoga - All Levels!<br>1:30pm Chair Yoga<br>Closing at 3pm.                                   | 31<br>9:15am Yahweh Yoga<br>11:15am Yahweh Gentle Yoga<br>5:45pm Restorative Yoga then Salt   | Underlined events are special pricing. Please ask for details!<br>Must sign up for classes at least 1 hour in advance!<br><a href="http://www.behappybg.com">www.behappybg.com</a><br>270-799-8070 | 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! | 45min Salt Cave sessions begin at the top of each hour:<br>Monday-Friday 10am-6pm<br>Saturday 10am-5pm<br>Sunday 1pm-3pm                               | <u>May 14th Special Events:</u><br><u>9am Dog Yoga at Warren Co Humane Society</u><br><u>1pm Guided Relaxation and Breathwork in the Cave</u><br><u>3:30pm &amp; 5pm Crystal Bowl Sound Bath in the Cave</u> |