



May Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	KIDS IN THE CAVE! 25 minute sessions \$20 for one adult and child, \$5 for each add'l child Monday-Friday 9:30am 9:00am Saturdays www.behappybg.com 270-799-8070	45min Salt Cave sessions begin at the top of each hour: Monday-Saturday 10am-6:30pm Sunday 1pm-6:30pm *Ask us about 25minute Salt Cave Refreshers!	1 9:30am Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt 7:15pm All-levels Yoga	2 9:30am Slow Flow 1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	3 7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min) 5:30pm Restorative Yoga	4 8:30am Yoga then Salt! 10am Yin-Yang 12:45pm Yoga Nidra Class
5 Cinco de Mayo 1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:30pm-6pm Yoga Nidra Workshop! \$25	6 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga then salt!	7Thank a Teacher Day! 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative+salt	8 9:30am Gentle Yoga 11am Meditation \$5* 12pm Midday Flow (45min) 3:30pm Beginner Yoga* 5:45pm Yin-Yang then salt 7:15pm All-levels Yoga	9 9:30am Slow Flow 1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	10 7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min) 5:30pm Restorative Yoga	11 8:30am Yoga then Salt! 10am Yin-Yang 12:45pm Yoga Nidra Class Kids Yoga & Salt Cave Event! 11:30am \$15 6:30pm Yoga in Lost River Cave!
12 Mother's Day 1:30pm Beginner Yoga 3pm Yoga - All Levels! 5:15pm-6:30pm Yin Yoga in the Salt Cave!	13 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga then salt!*	14 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga* 6pm Guided Deep Relaxation in the Cave* 7:15pm Restorative+salt	15 9:30am Gentle Yoga 11am Meditation \$5* 12pm Midday Flow (45min) 3:30pm Beginner Yoga* 5:45pm Yin-Yang then salt 7:15pm All-levels Yoga	16 9:30am Slow Flow 1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	17 7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min) 5:30pm Restorative Yoga	18 8:30am Yoga then Salt! 10am - 1pm Ayurveda Wellness Workshop \$45 12:45pm Yoga Nidra Class
19 1:30pm Beginner Yoga 3pm Yoga - All Levels! 4:45pm Essential Oil Workshop: skin care!	20 3 Year Anniversary! 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga then salt!*	21 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative+salt	22 9:30am Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min) 3:30pm Beginner Yoga* 5:45pm Yin-Yang then salt 7:15pm All-levels Yoga	23 9:30am Slow Flow 1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	24 7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min) 5:30pm Restorative Yoga	25 8:30am Yoga then Salt! 10am Yin-Yang 12:45pm Yoga Nidra Class 3pm Guided Deep Relaxation in the Salt Cave
26 1:30pm Beginner Yoga 3pm Yoga - All Levels! 5:15pm-6:30pm Yin Yoga in the Salt Cave!	27 MEMORIAL DAY 9:30am Flow Yoga 12pm Beginner Yoga 4pm Flow Yoga 5:30pm Level 1 Yoga Last cave session begins at 5pm	28 9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative+salt	29 9:30am Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min) 3:30pm Beginner Yoga 5:45pm Yin-Yang then salt 7:15pm All-levels Yoga	30 9:30am Slow Flow 1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt	31 7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min) Yoga then Wine! 5:30pm \$20	___ Susan ___ Chie ___ Casey June ___ Tori ___ Terri ___ Amy ___ Beshka ___ DeAnna ___ Virginia ___ DeAnn ___ Frances ___ Lilli ___ Lisa Lerner ___ Brandy ___ Debbie ___ Alesia ___ April