



November Be Happy Schedule!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | | | | | | | | | | | | | | |
|---|---|--|--|--|--|--|-------|------|-------|-----|------|--------|----------|---------|--------|---------|------|-------|-------|-------|-------|--------|-----|--------|
| <p>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!</p> | <p>45min Salt Cave sessions begin at the top of each hour: Monday-Friday 10am-6pm Saturday 10am-5pm Sunday 1pm-3pm</p> | <p>1 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 4pm Beginners to Basics 5:45pm Restorative Yoga then Salt</p> | <p>2 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow</p> | <p>3 9:45am Slow Flow 1:30pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow</p> | <p>4 YTT 9:15am Level 1 Yoga 10:45am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt</p> | <p>5 YTT 8:30am Yoga then Salt! 10am <u>Ayurveda Essentials Workshop</u></p> | | | | | | | | | | | | | | | | | | |
| <p>6 YTT 3pm Yoga then Salt</p> | <p>7 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class</p> | <p>8 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 4pm Beginners to Basics 5:45pm Restorative Yoga then Salt 6pm <u>Guided Relaxation & Breathwork in the Salt Cave</u></p> | <p>9 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow</p> | <p>10 9:45am Slow Flow 1:30pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow</p> | <p>11 9:15am Level 1 Yoga 10:45am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt 5:30pm TGIF Flow</p> | <p>12 9:30am Yoga then Salt! 11am <u>Kids Yoga in the Salt Cave</u> 11am Yin-Yang Yoga</p> | | | | | | | | | | | | | | | | | | |
| <p>13 1:30pm Beginners to Basics* 3pm Yoga then Salt</p> | <p>14 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class</p> | <p>15 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 4pm Beginners to Basics 5:45pm Restorative Yoga then Salt</p> | <p>16 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 6:30pm Slow Flow</p> | <p>17 9:45am Slow Flow 1:30pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow</p> | <p>18 9:15am Level 1 Yoga 10:45am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt 5:30pm TGIF Flow</p> | <p>19 9:30am Yoga then Salt! 11am Yin-Yang Yoga</p> | | | | | | | | | | | | | | | | | | |
| <p>20 1:30pm Beginners to Basics* 3pm Yoga then Salt</p> | <p>21 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class</p> | <p>22 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 4pm Beginners to Basics 5:45pm Restorative Yoga then Salt</p> | <p>23 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga Closing at 3pm.</p> | <p>24 We are closed to celebrate Thanksgiving.</p> | <p>25 9:30am <u>Turkey Detox Yoga</u> 5:30pm <u>Yoga then Margaritas!</u></p> | <p>26 Small Business Saturday 9:30am Yoga then Salt! 11am Yin-Yang Yoga</p> | | | | | | | | | | | | | | | | | | |
| <p>27 1:30pm Beginners to Basics* 3pm Yoga then Salt</p> | <p>28 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class</p> | <p>29 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 4pm Beginners to Basics 5:45pm Restorative Yoga then Salt</p> | <p>30 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow</p> | <p>Must sign up for classes at least 1 hour in advance to allow us to maintain social distancing procedures! www.behappybg.com 270-799-8070</p> | <p>Underlined events are special pricing. Please ask for details! *Must pre-register.</p> | <table border="0"> <tr> <td>Susan</td> <td>Chie</td> </tr> <tr> <td>Trudy</td> <td>Amy</td> </tr> <tr> <td>Gina</td> <td>Beshka</td> </tr> <tr> <td>Virginia</td> <td>Frances</td> </tr> <tr> <td>Alesia</td> <td>Shigeko</td> </tr> <tr> <td>Mary</td> <td>Angie</td> </tr> <tr> <td>Maria</td> <td>April</td> </tr> <tr> <td>Allie</td> <td>Sheila</td> </tr> <tr> <td>Liz</td> <td>Angela</td> </tr> </table> | Susan | Chie | Trudy | Amy | Gina | Beshka | Virginia | Frances | Alesia | Shigeko | Mary | Angie | Maria | April | Allie | Sheila | Liz | Angela |
| Susan | Chie | | | | | | | | | | | | | | | | | | | | | | | |
| Trudy | Amy | | | | | | | | | | | | | | | | | | | | | | | |
| Gina | Beshka | | | | | | | | | | | | | | | | | | | | | | | |
| Virginia | Frances | | | | | | | | | | | | | | | | | | | | | | | |
| Alesia | Shigeko | | | | | | | | | | | | | | | | | | | | | | | |
| Mary | Angie | | | | | | | | | | | | | | | | | | | | | | | |
| Maria | April | | | | | | | | | | | | | | | | | | | | | | | |
| Allie | Sheila | | | | | | | | | | | | | | | | | | | | | | | |
| Liz | Angela | | | | | | | | | | | | | | | | | | | | | | | |