



November Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Election Week \$15 salt cave sessions 1-3pm</p> <p>1:30pm All-levels yoga</p>	<p>2 Election Week \$15 salt cave sessions 9am-6pm</p> <p>9:15am Restorative Yoga</p> <p>12:15pm Midday Yoga - All Levels!</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p>	<p>3 Election Week \$15 salt cave sessions 9am-6pm</p> <p>9:15am Yahweh Yoga Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>1:15pm All-Levels Yoga</p> <p>5:30pm Prenatal Yoga</p>	<p>4</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>1:30pm Prenatal Yoga</p> <p>3:15pm Beginner Yoga*</p> <p>5:30pm Yang-Yin Yoga</p>	<p>5</p> <p>8:00am Rise & Shine Yoga</p> <p>9:45am Slow Flow</p> <p>1:15pm Chair Yoga</p> <p>5:30pm Gentle/Level 1 Yoga</p>	<p>6</p> <p>9:15am Gentle Yoga</p> <p>10:45am Gentle Yoga</p> <p>12:15pm Midday Flow Yoga</p> <p>3:30pm Restorative Yoga</p>	<p>7</p> <p>8:30am Yoga then Salt!</p> <p>Fall Reset & Renew Virtual Retreat! 8:30am-8:30pm</p>
<p>8</p> <p>1:15pm Beginner Yoga 4-week Series</p> <p>3:30pm Staying Well with Essential Oils workshop</p>	<p>9</p> <p>9:15am Restorative Yoga</p> <p>12:15pm Midday Yoga - All Levels!</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p>	<p>10</p> <p>9:15am Yahweh Yoga Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>1:15pm All-Levels Yoga</p> <p>5:30pm Prenatal Yoga</p>	<p>11</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>1:30pm Prenatal Yoga</p> <p>3:15pm Beginner Yoga*</p> <p>5:30pm Yang-Yin Yoga</p>	<p>12</p> <p>8:00am Rise & Shine Yoga</p> <p>9:45am Slow Flow</p> <p>1:15pm Chair Yoga*</p> <p>5:30pm Gentle/Level 1 Yoga</p>	<p>13</p> <p>9:15am Gentle Yoga</p> <p>10:45am Gentle Yoga</p> <p>12:15pm Midday Flow Yoga</p> <p>3:30pm Restorative Yoga</p>	<p>14</p> <p>8:30am Yoga then Salt!</p> <p>10:30am Yin-Yang Yoga</p>
<p>15</p> <p>1:15pm Beginner Yoga 4-week Series</p>	<p>16</p> <p>9:15am Restorative Yoga</p> <p>12:15pm Midday Yoga - All Levels!</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p>	<p>17</p> <p>9:15am Yahweh Yoga Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>1:15pm All-Levels Yoga</p> <p>6pm Guided Deep Relaxation in the Cave*</p>	<p>18</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>1:30pm Prenatal Yoga</p> <p>3:15pm Beginner Yoga*</p> <p>5:30pm Yang-Yin Yoga</p>	<p>19</p> <p>8:00am Rise & Shine Yoga</p> <p>9:45am Slow Flow</p> <p>1:15pm Chair Yoga*</p> <p>5:30pm Gentle/Level 1 Yoga</p>	<p>20</p> <p>9:15am Gentle Yoga</p> <p>10:45am Gentle Yoga</p> <p>12:15pm Midday Flow Yoga</p> <p>3:30pm Restorative Yoga</p>	<p>21</p> <p>8:30am Yoga then Salt!</p> <p>10:30am Yin-Yang Yoga</p> <p>1:15pm & 3:15pm Yoga Nidra + crystal bowl sound bath</p> <p>5:15pm Sound bath in the Himalayan salt cave!</p>
<p>22</p> <p>1:15pm Beginner Yoga 4-week Series</p>	<p>23</p> <p>9:15am Restorative Yoga</p> <p>12:15pm Midday Yoga - All Levels!</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p>	<p>24</p> <p>9:15am Yahweh Yoga Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>1:15pm All-Levels Yoga</p> <p>5:30pm Prenatal Yoga</p>	<p>25 Studio closing at 2pm.</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p>	<p>26</p> <p>We are closed for Thanksgiving. Have a blessed day!</p>	<p>27 Turkey Detox</p> <p>9:15am Gentle Yoga</p> <p>10:45am Gentle Yoga</p> <p>12:15pm Midday Flow Yoga</p> <p>3:30pm Restorative Yoga</p> <p>5:30pm Yoga & Wine</p>	<p>28</p> <p>8:30am Yoga then Salt!</p> <p>10:30am Yin-Yang Yoga</p> <p>1:15pm Prenatal Yoga</p> <p>4:30pm Yin Yoga in the Salt Cave! \$25</p>
<p>29</p> <p>1:15pm Beginner Yoga 4-week Series</p>	<p>30</p> <p>9:15am Restorative Yoga</p> <p>12:15pm Midday Yoga - All Levels!</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p>		<p>Must sign up for classes at least 1 hour in advance to allow us to maintain social distancing procedures!</p> <p>www.behappybg.com</p> <p>270-799-8070</p>	<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:</p> <p>Monday-Friday 10am-6pm</p> <p>Saturday 10am-5pm</p> <p>Sunday 1pm-3pm</p>	<p>Susan</p> <p>Trudy</p> <p>Amy</p> <p>Dava</p> <p>Frances</p> <p>Shigeko</p> <p>Chie</p> <p>Lilli</p> <p>Beshka</p> <p>Virginia</p> <p>Alesia</p> <p>Mary</p>