



October Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																														
<p>2</p> <p>11:30am Runners' Rest Day Yoga then Salt</p> <p>1:30pm Beginners to Basics</p> <p>3pm Yoga then Salt</p>	<p>3</p> <p>9:15am Restorative Yoga</p> <p>12:15pm Midday Yoga - All Levels!</p> <p>1:30pm Chair Yoga*</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p>	<p>4</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>4pm Beginners to Basics*</p> <p>5:45pm Restorative Yoga then Salt</p>	<p>5</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>5pm Prenatal Yoga</p> <p>6:30pm Slow Flow</p>	<p>6</p> <p>9:45am Slow Flow</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Gentle/Level 1 Yoga</p>	<p>7 YTT</p> <p>9:15am Level 1 Yoga</p> <p>10:45am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>3:30pm Restorative Yoga then Salt</p>	<p>1</p> <p>8:30am Yoga then Salt!</p> <p>10:30am Yin-Yang Yoga</p> <p>1:30pm Heart Chakra Yoga</p> <hr/> <p>8 YTT</p> <p>8:30am Yoga then Salt!</p> <p>8:30am Kids's Yoga at Jackson's Orchard!</p> <p>1:30pm Throat Chakra Yoga</p>																														
<p>9 YTT</p> <p>12:45pm Full Moon Yoga in the Salt Cave</p> <p>3pm Yoga then Salt</p>	<p>10</p> <p>9:15am Restorative Yoga</p> <p>12:15pm Midday Yoga - All Levels!</p> <p>1:30pm Chair Yoga*</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p>	<p>11</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>4pm Beginners to Basics*</p> <p>5:45pm Restorative Yoga then Salt</p> <p>6:30pm Yoga at Lost River Cave</p>	<p>12</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>5pm Prenatal Yoga</p> <p>6:30pm Slow Flow</p>	<p>13</p> <p>9:45am Slow Flow</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Gentle/Level 1 Yoga</p>	<p>14</p> <p>9:15am Level 1 Yoga</p> <p>10:45am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>3:30pm Restorative Yoga then Salt</p> <p>5:30pm TGIF Flow</p>	<p>15</p> <p>8am Yoga at Jackson's Orchard</p> <p>8:30am Yoga then Salt!</p> <p>10:30am Yin-Yang Yoga</p> <p>1:30pm Third Eye Chakra Yoga</p> <p>2pm Guided Relaxation & Breathwork in the Salt Cave</p> <p>3:30pm Yoga at the Vineyard</p>																														
<p>16</p> <p>11:30am Runners' Rest Day Yoga then Salt</p> <p>1:30pm Beginners to Basics</p> <p>3pm Yoga then Salt</p>	<p>17</p> <p>9:15am Restorative Yoga</p> <p>12:15pm Midday Yoga - All Levels!</p> <p>1:30pm Chair Yoga*</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p>	<p>18</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>4pm Beginners to Basics*</p> <p>5:45pm Restorative Yoga then Salt</p>	<p>19</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>6:30pm Slow Flow</p>	<p>20</p> <p>9:45am Slow Flow</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Gentle/Level 1 Yoga</p>	<p>21</p> <p>9:15am Level 1 Yoga</p> <p>10:45am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>3:30pm Restorative Yoga then Salt</p> <p>5:30pm TGIF Flow</p>	<p>22</p> <p>8:30am Yoga then Salt!</p> <p>10am Kids Yoga in the Salt Cave</p> <p>10:30am Yin-Yang Yoga</p> <p>1:30pm Crown Chakra Yoga</p>																														
<p>23</p> <p>11:30am Runners' Rest Day Yoga then Salt</p> <p>1:30pm Beginners to Basics</p> <p>3pm Yoga then Salt</p>	<p>24</p> <p>9:15am Restorative Yoga</p> <p>12:15pm Midday Yoga - All Levels!</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p>	<p>25</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>4pm Beginners to Basics</p> <p>5:45pm Restorative Yoga then Salt</p>	<p>26</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>5pm Prenatal Yoga</p> <p>6:30pm Slow Flow</p>	<p>27</p> <p>9:45am Slow Flow</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Gentle/Level 1 Yoga</p>	<p>28</p> <p>9:15am Level 1 Yoga</p> <p>10:45am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>3:30pm Restorative Yoga then Salt</p> <p>5:30pm TGIF Flow</p>	<p>29</p> <p>8:30am Yoga then Salt!</p> <p>10:30am Yin-Yang Yoga</p> <p>1:30pm Chakra Yoga Summary</p>																														
<p>30</p> <p>11:30am Runners' Rest Day Yoga then Salt</p> <p>1:30pm Beginners to Basics</p> <p>3pm Yoga then Salt</p>	<p>31</p> <p>9:15am Restorative Yoga</p> <p>12:15pm Midday Yoga - All Levels!</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Level 1 Yoga/ Medical Center class</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: Monday-Friday 10am-6pm Saturday 10am-5pm Sunday 1pm-3pm</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> <td></td> </tr> <tr> <td>Trudy</td> <td>Amy</td> <td></td> </tr> <tr> <td>Gina</td> <td>Beshka</td> <td>Virginia</td> </tr> <tr> <td>Frances</td> <td>Alesia</td> <td></td> </tr> <tr> <td>Shigeko</td> <td></td> <td></td> </tr> <tr> <td>Mary</td> <td>Angie</td> <td></td> </tr> <tr> <td>Maria</td> <td>April</td> <td></td> </tr> <tr> <td>Allie</td> <td>Sheila</td> <td></td> </tr> <tr> <td>Liz</td> <td>Angela</td> <td></td> </tr> <tr> <td>DeAnn</td> <td></td> <td></td> </tr> </table>	Susan	Chie		Trudy	Amy		Gina	Beshka	Virginia	Frances	Alesia		Shigeko			Mary	Angie		Maria	April		Allie	Sheila		Liz	Angela		DeAnn		
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