



# October Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Must sign up for classes at least 1 hour in advance to allow us to maintain social distancing procedures!</p>	<p>45min Salt Cave sessions begin at the top of each hour: Monday-Friday 10am-6pm Saturday 10am-5pm Sunday 1pm-5pm</p>	<p>___ Susan     ___ Chie ___ Trudy     ___ Lilli ___ Amy       ___ Beshka ___ Dava      ___ Virginia ___ Frances   ___ Alesia ___ Shigeko   ___ Mary</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! www.behappybg.com 270-799-8070</p>	<p>1 9:45am Slow Flow  1:15pm Chair Yoga 5:30pm Gentle/Level 1 Yoga</p>	<p>2 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga  5:30pm Restorative Yoga</p>	<p>3 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga  10:30am Yoga on South Lawn!</p>
<p>4 1:15pm Beginner Yoga 3:15pm Yoga - All Levels!</p>	<p>5 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels!  5:30pm Level 1 Yoga/ Medical Center class</p>	<p>6 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga  5:30pm Prenatal Yoga</p>	<p>7 9:15am Gentle Yoga  12:15pm Midday Flow Yoga 1:30pm Prenatal Yoga 3:15pm Beginner Yoga* 5:30pm Yang-Yin Yoga</p>	<p>8 9:45am Slow Flow  1:15pm Chair Yoga*  5:30pm Gentle/Level 1 Yoga</p>	<p>9 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga  5:15pm Sunset Yoga in the Vineyard! \$15</p>	<p>10 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga 1:15pm Prenatal Yoga</p>
<p>11 1:15pm Beginner Yoga 3:15pm Yoga - All Levels!</p>	<p>12 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels!  5:30pm Level 1 Yoga/ Medical Center class</p>	<p>13 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga 5:30pm Prenatal Yoga 6pm Guided Deep Relaxation in the Cave*</p>	<p>14 9:15am Gentle Yoga  12:15pm Midday Flow Yoga 1:30pm Prenatal Yoga 3:15pm Beginner Yoga* 5:30pm Yang-Yin Yoga</p>	<p>15 9:45am Slow Flow  1:15pm Chair Yoga*  5:30pm Gentle/Level 1 Yoga</p>	<p>16 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga  5:30pm Restorative Yoga</p>	<p>17 8:30am Yoga then Salt!  Fall Reset and Renew Retreat! 8:30am-8:30pm Virtual Event \$75</p>
<p>18 1:15pm Beginner Yoga 3:15pm Yoga - All Levels! 4pm Guided Deep Relaxation in the Cave</p>	<p>19 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels!  5:30pm Level 1 Yoga/ Medical Center class</p>	<p>20 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga  5:30pm Prenatal Yoga</p>	<p>21 9:15am Gentle Yoga  12:15pm Midday Flow Yoga  3:15pm Beginner Yoga* 5:30pm Yang-Yin Yoga</p>	<p>22 9:45am Slow Flow  1:15pm Chair Yoga*  5:30pm Gentle/Level 1 Yoga</p>	<p>23 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga 4pm Sound bath in the Himalayan salt cave! 5:30pm Yoga Nidra + crystal bowl sound bath</p>	<p>24 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga 1:15pm Prenatal Yoga  4:30pm Yoga in the Salt Cave! \$25</p>
<p>25 1:15pm Beginner Yoga 3:15pm Yoga - All Levels!</p>	<p>26 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels!  5:30pm Level 1 Yoga/ Medical Center class</p>	<p>27 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga  5:30pm Prenatal Yoga</p>	<p>28 9:15am Gentle Yoga  12:15pm Midday Flow Yoga 1:30pm Prenatal Yoga 3:15pm Beginner Yoga 5:30pm Yang-Yin Yoga</p>	<p>29 9:45am Slow Flow  1:15pm Chair Yoga  5:30pm Gentle/Level 1 Yoga</p>	<p>30 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga  5:30pm Yoga then Wine</p>	<p>31 Happy Halloween!!  8:30am Yoga then Salt! 10:30am Yin-Yang Yoga 1:15pm Prenatal Yoga</p>