



# September Be Happy Schedule!

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|--|--|--|--|---|
| Susan<br>Trudy<br>Gina<br>Virginia<br>Alesia<br>Mary<br>Maria<br>Allie<br>Liz<br>Chile<br>Amy<br>Beshka<br>Frances<br>Shigeko<br>Angie<br>April<br>Sheila<br>Angela | <b>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!</b> | 45min Salt Cave sessions begin at the top of each hour:<br><b>Monday-Friday 10am-6pm</b><br><b>Saturday 10am-5pm</b><br><b>Sunday 1pm-3pm</b>  | Must sign up for classes at least 1 hour in advance to allow us to maintain social distancing procedures!<br><a href="http://www.behappybg.com">www.behappybg.com</a><br><b>270-799-8070</b> | 1<br>9:45am Slow Flow<br>1:30pm Chair Yoga<br>5:30pm Gentle/Level 1 Yoga   | 2<br>9:15am Level 1 Yoga<br>10:45am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>3:30pm Restorative Yoga then Salt<br>5pm TGIF Flow  | 3<br>8:30am Yoga then Salt!<br>10:30am Yin-Yang Yoga<br>1:30pm <u>Root Chakra Yoga</u><br>4:15pm <u>Yoga IN the Salt Cave</u>       |
| 4<br>1:30pm Beginners to Basics*<br>3pm Yoga then Salt  | 5 Labor Day<br>9:15am Restorative Yoga<br>12:15pm Midday Yoga - All Levels!<br>1:30pm Chair Yoga<br>Closing at 3pm.                                   | 6<br>9:15am Yahweh Yoga<br>11:15am Yahweh Gentle Yoga<br>4pm Beginners to Basics<br>5:45pm Restorative Yoga then Salt  | 7<br>9:15am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>5pm Prenatal Yoga<br>6:30pm Slow Flow   | 8<br>9:45am Slow Flow<br>1:30pm Chair Yoga*<br>5:30pm Gentle/Level 1 Yoga<br>6:30pm <u>Yoga at Lost River Cave</u> | 9<br>9:15am Level 1 Yoga<br>10:45am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>3:30pm Restorative Yoga then Salt<br>5pm TGIF Flow  | 10<br>8:30am Yoga then Salt!<br>12pm <u>Kids Yoga in the Salt Cave</u><br>10:30am Yin-Yang Yoga<br>1:30pm <u>Sacral Chakra Yoga</u> |
| 11<br>11:30am Runners' Rest Day Yoga then Salt<br>1:30pm Beginners to Basics*<br>3pm Yoga then Salt   | 12<br>9:15am Restorative Yoga<br>12:15pm Midday Yoga - All Levels!<br>1:30pm Chair Yoga<br>5:30pm Level 1 Yoga/ Medical Center class                  | 13<br>9:15am Yahweh Yoga<br>11:15am Yahweh Gentle Yoga<br>4pm Beginners to Basics<br>5:45pm Restorative Yoga then Salt<br>6pm <u>Guided Relaxation &amp; Breathwork in the Salt Cave</u> | 14<br>9:15am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>5pm Prenatal Yoga<br>6:30pm Slow Flow  | 15<br>9:45am Slow Flow<br>1:30pm Chair Yoga*<br>5:30pm Gentle/Level 1 Yoga   | 16<br>9:15am Level 1 Yoga<br>10:45am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>3:30pm Restorative Yoga then Salt<br>5pm TGIF Flow | 17<br>8:30am Yoga then Salt!<br>10:30am Yin-Yang Yoga<br>12pm & 1:30pm <u>Poses &amp; Pints - Beer Yoga!</u>                        |
| 18<br>11:30am Runners' Rest Day Yoga then Salt<br>1:30pm Beginners to Basics<br>3pm Yoga then Salt<br>6:30pm <u>Yoga at Lost River Cave</u>                         | 19<br>9:15am Restorative Yoga<br>12:15pm Midday Yoga - All Levels!<br>1:30pm Chair Yoga<br>5:30pm Level 1 Yoga/ Medical Center class                  | 20<br>9:15am Yahweh Yoga<br>11:15am Yahweh Gentle Yoga<br>4pm Beginners to Basics<br>5:45pm Restorative Yoga then Salt   | 21<br>9:15am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>5pm Prenatal Yoga<br>6:30pm Slow Flow  | 22<br>9:45am Slow Flow<br>1:30pm Chair Yoga*<br>5:30pm Gentle/Level 1 Yoga   | 23<br>9:15am Level 1 Yoga<br>10:45am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>3:30pm Restorative Yoga then Salt<br>5pm TGIF Flow | 24<br>8:30am Yoga then Salt!<br>10:30am Yin-Yang Yoga<br>1:30pm <u>Solar Plexus Chakra Yoga</u>                                     |
| 25<br>11:30am Runners' Rest Day Yoga then Salt<br>1:30pm Beginners to Basics*<br>3pm Yoga then Salt   | 26<br>9:15am Restorative Yoga<br>12:15pm Midday Yoga - All Levels!<br>1:30pm Chair Yoga<br>5:30pm Level 1 Yoga/ Medical Center class                  | 27<br>9:15am Yahweh Yoga<br>11:15am Yahweh Gentle Yoga<br>4pm Beginners to Basics<br>5:45pm Restorative Yoga then Salt   | 28<br>9:15am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>5pm Prenatal Yoga<br>6:30pm Slow Flow  | 29<br>9:45am Slow Flow<br>1:30pm Chair Yoga<br>5:30pm Gentle/Level 1 Yoga  | 30<br>9:15am Level 1 Yoga<br>10:45am Gentle Yoga<br>12:15pm Midday Stretch & Flow Yoga<br>3:30pm Restorative Yoga then Salt<br>5pm TGIF Flow | <b>Underlined events are special pricing. Please ask for details!</b>   |