



# September 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: <b>Monday-Friday 10am-6pm</b> <b>Saturday 10am-5pm</b> <b>Sunday 1pm-5pm</b></p>	<p>1 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga  5:30pm Restorative Yoga</p>	<p>2 9:15am Gentle Yoga 11:15am Guided Meditation \$5* 12:15pm Midday Flow Yoga 3:15pm Beginner Yoga 5:30pm Yang-Yin Yoga 7pm Graves Gilbert Class</p>	<p>3 9:45am Slow Flow  1:15pm Chair Yoga 5:30pm Gentle/Level 1 Yoga</p>	<p>4 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga  5:30pm Restorative Yoga</p>	<p>5 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga</p>
<p>6 1:15pm Beginner Yoga* 3:15pm Yoga - All Levels!</p>	<p>7 <b>LABOR DAY!</b> 9:15am Restorative Yoga 12:15pm Midday All Levels Yoga  <b>Himalayan salt cave \$15 sessions available 9am-1pm</b> Studio closing at 2pm!</p>	<p>8 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga 5:30pm Restorative Yoga <b>6pm Guided Deep Relaxation in the Cave</b></p>	<p>9 9:15am Gentle Yoga 11:15am Guided Meditation \$5* 12:15pm Midday Flow Yoga 3:15pm Beginner Yoga 5:30pm Yang-Yin Yoga 7pm Graves Gilbert Class</p>	<p>10 9:45am Slow Flow  1:15pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga</p>	<p>11 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga  <b>6pm Sunset Yoga in the Vineyard! \$15</b></p>	<p>12 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga</p>
<p>13 <b>Grandparent's Day!</b> 1:15pm Beginner Yoga* 3:15pm Yoga - All Levels!</p>	<p>14 9:15am Restorative Yoga 12:15pm Midday All Levels Yoga  4:15pm Yahweh Yoga Level 2 5:45pm Level 1 Yoga/ Medical Center class</p>	<p>15 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga  5:30pm Restorative Yoga</p>	<p>16 9:15am Gentle Yoga 11:15am Guided Meditation \$5 12:15pm Midday Flow Yoga 3:15pm Beginner Yoga 5:30pm Yang-Yin Yoga</p>	<p>17 9:45am Slow Flow  1:15pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga</p>	<p>18 <b>Yoga Teacher Training!</b> 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga  5:30pm Restorative Yoga</p>	<p>19 <b>Yoga Teacher Training!</b> 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga  <b>3pm Guided Deep Relaxation in the Cave*</b></p>
<p>20 <b>Yoga Teacher Training!</b> 1:15pm Beginner Yoga* 3:15pm Yoga - All Levels!</p>	<p>21 9:15am Restorative Yoga 12:15pm Midday All Levels Yoga  4:15pm Yahweh Yoga Level 2 5:45pm Level 1 Yoga/ Medical Center class</p>	<p>22 Autumn begins! 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga  5:30pm Restorative Yoga</p>	<p>23 Bendix Health Fair 9:15am Gentle Yoga 11:15am Guided Meditation \$5 12:15pm Midday Flow Yoga 3:15pm Beginner Yoga 5:30pm Yang-Yin Yoga</p>	<p>24 9:45am Slow Flow  1:15pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga</p>	<p>25 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga  <b>5:30pm Yoga then Wine</b></p>	<p>26 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga <b>Restorative yoga + crystal bowl/gong sound bath: 1:15pm &amp; 3:15pm</b> <b>5:15pm Sound bath in the Himalayan salt cave!</b></p>
<p>27 1:15pm Beginner Yoga 3:15pm Yoga - All Levels!</p>	<p>28 9:15am Restorative Yoga 12:15pm Midday All Levels Yoga  4:15pm Yahweh Yoga Level 2 5:45pm Level 1 Yoga/ Medical Center class</p>	<p>29 9:15am Yahweh Yoga Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga  5:30pm Restorative Yoga</p>	<p>30 9:15am Gentle Yoga 11:15am Guided Meditation \$5 12:15pm Midday Flow Yoga 3:15pm Beginner Yoga 5:30pm Yang-Yin Yoga</p>	<p><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> <a href="http://www.behappybg.com">www.behappybg.com</a> <b>270-799-8070</b></p>	<p>___ Susan     ___ Chie ___ Casey June     ___ Lilli ___ Amy     ___ Beshka ___ DeAnna     ___ Virginia ___ DeAnn     ___ Frances ___ Alesia     ___ Shigeko ___ Mary</p>	<p>Join us for these special Virtual ONLY classes:  Prenatal Yoga Yoga Nidra</p>