



September Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>1:30pm Beginner Yoga 3pm Yoga - All Levels!</p>	<p>2 Labor Day! \$15 Himalayan Salt Cave sessions 9am-2pm!</p> <p>9:30am Flow Yoga 12pm Beginner Yoga</p>	<p>3</p> <p>9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5</p> <p>1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative+salt</p>	<p>4</p> <p>9:30am Gentle Yoga 11am Meditation \$5* 12pm Midday Flow (45min)</p> <p>3:30pm Beginner Yoga 5:45pm Yang-Yin then salt</p>	<p>5</p> <p>9:30am Slow Flow</p> <p>1pm Chair Yoga 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt!</p>	<p>6</p> <p>7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min) 5:30pm Restorative Yoga 6pm Sunset yoga at the vineyard!</p>	<p>7 Health & Fitness Expo</p> <p>8:30am Yoga then Salt! 10am Yin-Yang Yoga 12:45pm Yoga Nidra Class</p>
<p>8</p> <p>1:30pm Beginner Yoga* 3pm Yoga - All Levels!</p>	<p>9</p> <p>9:30am Flow Yoga 12pm Beginner Yoga</p> <p>4pm Slow Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga then salt!*</p>	<p>10</p> <p>9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5</p> <p>1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga 7:15pm Restorative+salt</p>	<p>11</p> <p>9:30am Gentle Yoga 11am Meditation \$5* 12pm Midday Flow (45min)</p> <p>3:30pm Beginner Yoga 5:45pm Yang-Yin then salt</p>	<p>12 Women's Event</p> <p>9:30am Slow Flow 1pm Chair Yoga* 5:45pm Flow Yoga then salt 6pm Guided Deep Relaxation in the Cave 7:15pm Gentle/Level 1 then Salt!</p>	<p>13</p> <p>7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min)</p> <p>Yoga Teacher Training</p>	<p>14</p> <p>8:30am Yoga then Salt!</p> <p>10:30am Yoga in the salt Cave!</p> <p>Yoga Teacher Training</p>
<p>15</p> <p>3pm Yoga - All Levels!</p> <p>Yoga Teacher Training</p>	<p>16</p> <p>9:30am Flow Yoga 12pm Beginner Yoga</p> <p>4pm Slow Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga then salt!*</p>	<p>17</p> <p>9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative+salt</p>	<p>18 FOTL Health Fair</p> <p>9:30am Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min)</p> <p>3:30pm Beginner Yoga 5:45pm Yang-Yin then salt</p>	<p>19</p> <p>9:30am Slow Flow</p> <p>1pm Chair Yoga* 6:30pm Yoga in Lost River Cave 7:15pm Gentle/Level 1 then Salt</p>	<p>20</p> <p>7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min)</p> <p>5:30pm Restorative Yoga</p>	<p>21</p> <p>8:30am Yoga then Salt! 10am Prenatal Yoga! Mommy & Me Yoga 11:30am \$20 12:45pm Yoga Nidra Class 3pm Guided Deep Relaxation in theSaltCave*</p>
<p>22</p> <p>1:30pm Beginner Yoga* 3pm Restorative Yoga & Crystal Bowls 4:30pm Crystal Bowls in the Salt Cave!</p>	<p>23 Fall Equinox</p> <p>9:30am Flow Yoga 12pm Beginner Yoga 4pm Slow Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga then salt!*</p>	<p>24</p> <p>9:30am Yahweh Yoga\$5 11am Yahweh Gentle\$5 1pm Slow Flow 4:15pm Integral Yoga! 5:45pm Chair Yoga* 7:15pm Restorative+salt</p>	<p>25</p> <p>9:30am Gentle Yoga 11am Meditation \$5 12pm Midday Flow (45min) 3:30pm Beginner Yoga 5:45pm Yang-Yin then salt</p>	<p>26</p> <p>9:30am Slow Flow 1pm Chair Yoga* 5:45pm Flow Yoga then salt 7:15pm Gentle/Level 1 then Salt</p>	<p>27</p> <p>7:30a Yoga then Salt! 9:30am Gentle/Level 1 Yoga 11am Gentle Yoga 12:30pm Midday Flow (45min) 5:30pm Yoga then Wine</p>	<p>28</p> <p>8:30am Yoga then Salt! 10am Yin-Yang Yoga 11:30am Kids Yoga & Salt Cave Event! \$15 12:45pm Yoga Nidra Class</p>
<p>29</p> <p>1:30pm Beginner Yoga 3pm Yoga - All Levels!</p> <p>4:45pm Cleaning with Essential oils Workshop</p>	<p>30</p> <p>9:30am Flow Yoga 12pm Beginner Yoga</p> <p>4pm Slow Flow Yoga 5:30pm Level 1 Yoga 7pm Prenatal Yoga then salt!</p>	<p>Receive \$10 off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a massage/treatment!</p>	<p>We are active on social media! Follow us on Facebook, Instagram and Twitter Be Happy BG!</p> <p>behappybg.com</p>	<p>45min Salt Cave sessions begin at the top of each hour: Monday-Saturday 10am-6:30pm Sunday 1pm-6:30pm *Ask us about 25minute Salt Cave Refreshers</p>	<p>___ Susan ___ Chie ___ Casey June ___ Brandy ___ Dava ___ Terri ___ Amy ___ Beshka ___ DeAnna ___ Virginia ___ DeAnn ___ Frances ___ Lilli ___ Lisa Lerner ___ Debbie ___ Alesia ___ April ___ Shigeiko</p>	<p>KIDS IN THE CAVE! 25 minute sessions \$20 for one adult and child, \$5 for each add'l child Monday-Friday 9:30am 9:00am Saturdays www.behappybg.com 270-799-8070</p>