



# July Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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:  <b>Monday-Friday 10am-6pm</b>  <b>Saturday 10am-5pm</b>  <b>Sunday 1pm-3pm</b></p>	<p>Must sign up for classes at least 1 hour in advance to allow us to maintain social distancing procedures!  <a href="http://www.behappybg.com">www.behappybg.com</a>  <b>270-799-8070</b>  <b>Underlined events are special pricing. Please ask for details!</b></p>	<p>Susan Trudy Gina Dava Frances DeAnn Mary</p> <p>Chie Amy Beshka Virginia Alesia Shigeko Deborah</p>	<p>1</p> <p>9:45am Slow Flow  1:30pm Chair Yoga  5:30pm Gentle/Level 1 Yoga</p>	<p>2</p> <p>9:15am Gentle Yoga  10:45am Gentle Yoga  12:15pm Midday Flow Yoga</p>	<p>3</p> <p>8:30am Yoga then Salt!  <u>10:30am Yin-Yang Yoga</u></p>
<p>4</p> <p>We are closed today. Happy 4th of July!</p>	<p>5</p> <p>9:15am Restorative Yoga  12:15pm Midday Yoga - All Levels!  1:30pm Chair Yoga  5:30pm Level 1 Yoga/ Medical Center class</p>	<p>6</p> <p>9:15am Yahweh Yoga  11:15am Yahweh Gentle Yoga  6:30pm Restorative Yoga then Salt</p>	<p>7</p> <p>7:30am Prenatal Yoga  9:15am Gentle Yoga  12:15pm Midday Stretch &amp; Flow Yoga  3:30pm Beginner Yoga  5:30pm Yang-Yin Yoga</p>	<p>8</p> <p>9:45am Slow Flow  1:30pm Chair Yoga  5:30pm Gentle/Level 1 Yoga  <u>6:30pm Lost River Cave Yoga</u></p>	<p>9 YTT</p> <p>9:15am Gentle Yoga  10:45am Gentle Yoga  12:15pm Midday Flow Yoga</p>	<p>10 YTT</p> <p>8:30am Yoga then Salt  <u>10am Kids Yoga in the cave</u></p>
<p>11 YTT</p> <p>3pm Yoga then Salt!</p>	<p>12</p> <p>9:15am Restorative Yoga  12:15pm Midday Yoga - All Levels!  1:30pm Chair Yoga  5:30pm Level 1 Yoga/ Medical Center class</p>	<p>13</p> <p>9:15am Yahweh Yoga  11:15am Yahweh Gentle Yoga  6:30pm Restorative Yoga then Salt</p>	<p>14</p> <p>7:30am Prenatal Yoga  9:15am Gentle Yoga  12:15pm Midday Stretch &amp; Flow Yoga  3:30pm Beginner Yoga  5:30pm Yang-Yin Yoga</p>	<p>15</p> <p>9:45am Slow Flow  1:30pm Chair Yoga*  5:30pm Gentle/Level 1 Yoga  <u>6:30pm Lost River Cave Yoga</u></p>	<p>16 YTT</p> <p>9:15am Gentle Yoga  10:45am Gentle Yoga  12:15pm Midday Flow Yoga  <u>5:30pm Yoga then Wine</u></p>	<p>17 YTT</p> <p>8:30am Yoga then Salt!  <u>10:30am Yoga in the Cave</u>  <u>3pm Guided Deep Relaxation in the Salt Cave</u></p>
<p>18 YTT</p> <p>3pm Yoga then Salt!</p>	<p>19</p> <p>9:15am Restorative Yoga  12:15pm Midday Yoga - All Levels!  1:30pm Chair Yoga  5:30pm Level 1 Yoga/ Medical Center class</p>	<p>20</p> <p>9:15am Yahweh Yoga  11:15am Yahweh Gentle Yoga  6:30pm Restorative Yoga then Salt</p>	<p>21</p> <p>7:30am Prenatal Yoga  9:15am Gentle Yoga  12:15pm Midday Stretch &amp; Flow Yoga  3:30pm Beginner Yoga  5:30pm Yang-Yin Yoga</p>	<p>22</p> <p>9:45am Slow Flow  1:30pm Chair Yoga*  5:30pm Gentle/Level 1 Yoga</p>	<p>23</p> <p>9:15am Gentle Yoga  10:45am Gentle Yoga  12:15pm Midday Flow Yoga  <u>5:30pm Yoga then Wine</u></p>	<p>24</p> <p>8:30am Yoga then Salt!  10:30am Yin-Yang Yoga  <u>3:15pm Yoga Nidra + Crystal Bowl Sound Bath</u>  <u>5:15pm Sound Bath in the Cave</u></p>
<p>25</p> <p>1:30pm Beginner Yoga  3pm Yoga then Salt!</p>	<p>26</p> <p>9:15am Restorative Yoga  12:15pm Midday Yoga - All Levels!  1:30pm Chair Yoga  5:30pm Level 1 Yoga/ Medical Center class</p>	<p>27</p> <p>9:15am Yahweh Yoga  11:15am Yahweh Gentle Yoga  6:30pm Restorative Yoga then Salt</p>	<p>28</p> <p>7:30am Prenatal Yoga  9:15am Gentle Yoga  12:15pm Midday Stretch &amp; Flow Yoga  3:30pm Beginner Yoga  5:30pm Yang-Yin Yoga</p>	<p>29</p> <p>9:45am Slow Flow  1:30pm Chair Yoga*  5:30pm Gentle/Level 1 Yoga</p>	<p>30</p> <p>9:15am Gentle Yoga  10:45am Gentle Yoga  12:15pm Midday Flow Yoga  <u>7pm Sunset Yoga in the Vineyard</u></p>	<p>31</p> <p>8:30am Yoga then Salt!  10:30am Yin-Yang Yoga</p>