



April 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: Monday-Friday 10am-6pm Saturday 10am-5pm Sunday 1pm-3pm</p>	<p>Must sign up for classes at least 1 hour in advance to allow us to maintain social distancing procedures! 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</p>	<p>3 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga</p>
<p>4 We are closed. Happy Easter!</p>	<p>5 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 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 6:30pm Restorative Yoga then Salt</p>	<p>7 6:00am Early Morning Yoga 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 3:30pm 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</p>	<p>10 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga 3pm Guided Deep Relaxation in the salt cave*</p>
<p>11 1:30pm Beginner Yoga 3pm Yoga then Salt!</p>	<p>12 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 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 6:30pm Restorative Yoga then Salt</p>	<p>14 6:00am Early Morning Yoga 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 3:30pm 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</p>	<p>17 10:30am Be Happy Goat Yoga 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga</p>
<p>18 1:30pm Beginner Yoga 3pm Yoga then Salt!</p>	<p>19 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 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 6:30pm Restorative Yoga then Salt</p>	<p>21 6:00am Early Morning Yoga 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 3:30pm Beginner Yoga* 5:30pm Yang-Yin Yoga</p>	<p>22 9:45am Slow Flow 1:15pm Chair Yoga 5:30pm Gentle/Level 1 Yoga 6pm Yoga in Lost River Cave</p>	<p>23 YTT 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga</p>	<p>24 YTT 8:30am Yoga then Salt! 10am Yoga in the Salt Cave for Kids 4:30pm Yoga in the Salt Cave</p>
<p>25 YTT 3pm Yoga then Salt!</p>	<p>26 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 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 6:30pm Restorative Yoga then Salt</p>	<p>28 6:00am Early Morning Yoga 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 3:30pm Beginner Yoga* 5:30pm Yang-Yin Yoga</p>	<p>29 9:45am Slow Flow 1:15pm Chair Yoga 5:30pm Gentle/Level 1 Yoga 6pm Be Happy Goat Yoga</p>	<p>30 YTT 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga</p>	<p>Susan Chie Trudy Amy Gina Beshka Dava Virginia Frances Alesia DeAnn Shigeko Mary</p>