



January Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
45min Salt Cave sessions begin at the top of each hour: Monday-Friday 10am-6pm Saturday 10am-5pm Sunday 1pm-3pm	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!	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	Susan Chie Trudy April Gina Beshka Dava Virginia Frances Alesia Shigeiko Mary		1 New Year's Day We are closed. Have a great New Year!	2 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga 1:15pm Prenatal Yoga
3 3:00pm Beginner Yoga 4:30pm New Year, New You Workshop	4 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class	5 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga 5:30pm Prenatal Yoga	6 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 1:30pm Prenatal Yoga 3:30pm Beginner Yoga* 5:30pm Yang-Yin Yoga	7 9:45am Slow Flow 1:15pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga	8 YTT 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga	9 YTT 8:30am Yoga then Salt!
10 YTT 3:00pm Beginner Yoga 4:30pm Yin Yoga in the Cave	11 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class	12 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga 5:30pm Prenatal Yoga	13 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 1:30pm Prenatal Yoga 3:30pm Beginner Yoga* 5:30pm Yang-Yin Yoga	14 9:45am Slow Flow 1:15pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga	15 YTT 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga	16 YTT 8:30am Yoga then Salt!
17 YTT 3:00pm Beginner Yoga	18 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class	19 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga 5:30pm Prenatal Yoga	20 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 1:30pm Prenatal Yoga 3:30pm Beginner Yoga* 5:30pm Yang-Yin Yoga	21 9:45am Slow Flow 1:15pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga	22 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga 4:30pm Restorative Yoga	23 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga 1:15pm Prenatal Yoga 3pm Guided Deep Relaxation in the salt cave
24 3:00pm Beginner Yoga 31 3:00pm Beginner Yoga 3:30pm Hibernate & Rejuvenate Essential Oil Workshop	25 9:15am Restorative Yoga 12:15pm Midday Yoga - All Levels! 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class	26 9:15am Yahweh Yoga 11:15am Yahweh Gentle Yoga 1:15pm All-Levels Yoga 5:30 Prenatal Yoga *VIRTUAL	27 9:15am Gentle Yoga 12:15pm Midday Stretch & Flow Yoga 1:30 Prenatal Yoga *VIRTUAL 3:30pm Beginner Yoga* 5:30pm Yang-Yin Yoga	28 9:45am Slow Flow 1:15pm Chair Yoga* 5:30pm Gentle/Level 1 Yoga	29 9:15am Gentle Yoga 10:45am Gentle Yoga 12:15pm Midday Flow Yoga 5:30pm Yoga then Wine	30 8:30am Yoga then Salt! 10:30am Yin-Yang Yoga 1:15pm & 3:15pm Yoga Nidra + Crystal Bowl & Gong Sound Bath 5:15pm Sound Bath in the Cave

