



# HAPPINESS

## NOVEMBER 2017 CLASS CALENDAR

\*Member Events are in bold.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> 4:30-5:45p Let's Move Our Bodies w/Alice Inoue
<b>5</b>	<b>6</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>7</b> 6:00-6:30p Happy Half Hour: Stop Feeling Guilty w/Alice Inoue	<b>8</b>	<b>9</b>	<b>10</b> 7:30-8:30p Guest Speaker: Topic TBD w/Dr. Effie Chow (Free)	<b>11</b> 2:00-3:00p The Astrology for Your Numerology w/Alice Inoue
<b>12</b> 2:00-3:30p The Power of Presence w/Dr. Chad Sato	<b>13</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>14</b>	<b>15</b>	<b>16</b> 6:00-6:30p Happiness Talk w/Alice Inoue (Free)	<b>17</b> 7:30-8:30p Guest Speaker: Is Your Shampoo Killing You? w/Lee Ann Matsuda (Free)	<b>18</b> 2:00-3:00p Understanding Transhumanism w/Dalybeth Reasoner 3:30-4:30p Break Up with Your Belongings w/Alice Inoue
<b>19</b> 2:00-3:00p Turning Complaints Into Change w/Candace Thoth	<b>20</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> 2:00-3:30p TBD w/Janis Goto
<b>26</b> 2:00-3:00p Christmas Gifting: Who, What, and Why? w/Alice Inoue 3:30-4:00p Happiness Talk w/Alice Inoue (Free)	<b>27</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>28</b> 6:00-6:30p Happy Half Hour: The Universal Laws You Need to Know w/Alice Inoue	<b>29</b>	<b>30</b>		
			Members free to Member Events. Guests welcome at \$25.  Class fees range from \$20-\$30.	NOTE: Registration is required at least 24 hours in advance for all classes. Class may be cancelled if there are no registered attendees, or minimum number of attendees not met. Walk-ins, please email <a href="mailto:smile@yourhappinessu.com">smile@yourhappinessu.com</a> to assure there is space, and/or any changes.		NOTE: Detailed information about every class listed is found on our website: <a href="http://YourHappinessU.com">YourHappinessU.com</a>

NOTE: This calendar is subject to change and may be outdated. Check [YourHappinessU.com](http://YourHappinessU.com) for updated times and new classes



NEW PROGRAM: BOOK-A-CLASS: If you'd like to take a class that is not on the calendar, let us know and we can book it! See our menu of classes at [YourHappinessU.com](http://YourHappinessU.com) [smile@yourhappinessu.com](mailto:smile@yourhappinessu.com)