



# HAPPINESS



## JANUARY 2018 CLASS CALENDAR

\*Member Events are in bold.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> New Year's Day	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> <b>2:00-3:00p Your Personal Word and Number of the Year w/ Alice Inoue</b>
<b>7</b>	<b>8</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>9</b> 6:00-6:30p Happy Half Hour: Everything Happens for a Reason w/Alice Inoue	<b>10</b>	<b>11</b>	<b>12</b> 7:30-8:30p How to Lose Weight and Detoxify Your Life w/Holly Harding (FREE)	<b>13</b> <b>2:00-3:00p Your Personality Types Based on the Four Elements w/Alice Inoue</b>
<b>14</b> 2:30-3:00p Happiness Talk (FREE) 3:30-4:30p Qigong Techniques to Increase Your Fur Keiki's Vital Force w/Janis Goto	<b>15</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> 2:00-3:00p Create Your Ideal Life by Shifting Your Concept of Self w/Candace Thoth
<b>21</b> <b>2:00-3:00p Reinvent Yourself: A New You w/Alice Inoue</b>	<b>22</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>23</b>	<b>24</b> 6:00-6:30p Happy Half Hour: Stop the Noise w/Alice Inoue	<b>25</b>	<b>26</b>	<b>27</b> 2:00-3:00p Plant Medicine w/ Dalybeth Reasoner
<b>28</b> <b>2:00-3:00p Fashion Feng Shui w/Alice Inoue</b>	<b>29</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>30</b> 6:00-6:30p Happiness Talk w/ Alice Inoue (FREE)	<b>31</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@yourhappinesu.com">smile@yourhappinesu.com</a> to assure there is space, and/or any changes.		<b>NOTE: Detailed information about every class listed is found on our website: <a href="http://YourHappinessU.com">YourHappinessU.com</a></b>

NOTE: This calendar is subject to change and may be outdated.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@yourhappinesu.com](mailto:smile@yourhappinesu.com)