



HAPPINESS



MARCH 2018 CLASS CALENDAR

*Member Events are in bold.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 2:00-4:00p 2018: The Year of Change w/Alice Inoue
4	5 6:30-8:00p Mindfulness Meditation w/Max Gin	6 6:00-6:30p Happiness Talk w/ Alice Inoue (FREE)	7	8	9	10 10:00a-6:00p Life Planning Workshop w/Alice Inoue (at Happiness U Rental, 560 N Nimitz Hwy)
11 10:00a-6:00p Life Planning Workshop w/Alice Inoue (at Happiness U Rental, 560 N Nimitz Hwy)	12 6:30-8:00p Mindfulness Meditation w/Max Gin	13	14	15 6:00-6:30p Happy Half Hour: Read "Messages" from the Universe w/Alice Inoue	16 7:30-8:30p Balloon Twisting for Rejuvenation and Inflation of Your Spirit w/Dr. Mark Morisaki	17 2:00-3:30p Mega Clutter-Clearing Inspiration w/Alice Inoue 4:00-5:00p Living from a Place of Surrender w/Dalybeth Reasoner
18 2:00-3:00p You Make Me Crazy w/Alice Inoue	19 6:30-8:00p Mindfulness Meditation w/Max Gin	20	21	22	23	24 2:30-3:00p Happiness Talk w/ Alice Inoue (FREE) 3:30-5:00p Learn Practical Energy Techniques to Promote Balance & Wellness for You & Your Fur Keiki w/Janis Goto
25 3:30-4:30p How to Eat Healthy on a Budget w/Holly Harding	26 6:30-8:00p Mindfulness Meditation w/Max Gin	27 6:00-6:30p Happy Half Hour: Become Impervious to Irritation w/Alice Inoue	28	29	30	31 2:00-3:00p The Art of Asking Transformative Questions w/ Candace Thoth 3:30-4:30p Who Are You Meant to Be? w/Alice Inoue
			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 smile@yourhappinesu.com to assure there is space, and/or any changes.		NOTE: Detailed information about every class listed is found on our website: YourHappinessU.com

NOTE: This calendar is subject to change and may be outdated. Check 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 smile@yourhappinesu.com