

# HAPPINESS

## APRIL 2019 CLASS CALENDAR

\*Member Events are in bold.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> 2:00-3:00p Find Your Archetype w/Alice Inoue
<b>7</b> 2:00-3:00p No Limits: Blow the Cap Off Your Capacity w/Dr. William Findley	<b>8</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> 2:00-3:00p Chair Yoga + Self-Massage + Yoga Nidra w/Janis Goto
<b>14</b>	<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 The Top FAQs of Feng Shui w/Alice Inoue 3:30-4:00p Life and Happiness Talk w/Alice Inoue (FREE)
<b>21</b> <b>Easter</b>	<b>22</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> 7:30-8:30p TBD w/Dr. Martin Johnson	<b>27</b> 2:00-3:00p The Secret Language of Color w/Alice Inoue 3:30-4:30p To Thine Own Self Be True: Understanding Codependency w/Dalybeth Reasoner
<b>28</b> 2:00-3:00p Creating YOUR Calling: How to Discover Your Authentic Life Mission w/Lani Kwon, MA 3:30-4:30p Create the Aha Moment to Solve Your Problems w/Alice Inoue	<b>29</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>30</b>				
			Members free to Member Events. Guests welcome at \$25.		NOTE: 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NOTE: This calendar is subject to change and may be outdated.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)