



HAPPINESS

AUGUST 2019 CLASS CALENDAR

*Member Events are in bold.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 2:00-3:00p How to Set Stronger Boundaries w/Alice Inoue
4	5 6:30-8:00p Mindfulness Meditation w/Max Gin	6	7	8	9	10 2:00-3:00p What Is Intelligence? w/Dalybeth Reasoner
11 2:00-3:30p Body Sense w/Dr. Chad Sato	12 6:30-8:00p Mindfulness Meditation w/Max Gin	13	14	15	16	17
18 2:00-3:00p Upgrade Your Brain w/Alice Inoue 3:30-4:00p Life and Happiness Talk w/Alice Inoue (FREE)	19 6:30-8:00p Mindfulness Meditation w/Max Gin	20	21	22	23 7:30-8:30p Guest Speaker: Jonathan Sugai - Science of Guilt, Shame, and Fear, and the Mind Body Connection (FREE)	24 2:00-3:00p Being YOU in Front of Others w/Randy Hampton
25 2:00-3:00p How to Get Along with Anyone Using Astrological Compatibility w/ Alice Inoue 3:30-4:30p "About Beauty" Powow w/Alison Hayashi	26 6:30-8:00p Mindfulness Meditation w/Max Gin	27	28	29	30	31 2:00-3:00p How the Universe Talks to You w/Alice Inoue
			Members free to Member Events. Guests welcome at \$25.	NOTE: Walk-ins, please email smile@yourhappinessu.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NOTE: This calendar is subject to change and may be outdated.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@yourhappinessu.com