



# HAPPINESS

## JANUARY 2019 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>	<b>5</b> 2:00-3:00p <b>Your Numerology and Word of the Year w/Alice Inoue</b> 3:30-5:00p Rebalance Your Canine Companion's Functional Habits w/Janis Goto
<b>6</b>	<b>7</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>8</b>	<b>9</b>	<b>10</b> 6:00-6:30p Life and Happiness Talk w/Alice Inoue (FREE)	<b>11</b>	<b>12</b> 2:00-3:30p Restorative Yoga and Yoga Nidra w/Lani Kwon, MA
<b>13</b> 1:00-5:00p <b>Vision Board Your Future w/Alice Inoue</b>	<b>14</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> 2:00-3:15p How to End Emotional Eating and Create Food Balance w/Chelsea Newman 3:45-4:45p Power vs. Force w/ Dalybeth Reasoner and Roger Kadala
<b>20</b> 2:00-3:00p <b>10 Reasons to Explain the Challenging Events in Your Life w/Alice Inoue</b>	<b>21</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> 7:30-8:30p TBD w/Dr. Arnaldo Oliveira (FREE)	<b>26</b>
<b>27</b> 2:00-3:00p <b>Healthy Money Mindset w/Alice Inoue</b> 3:30-4:00p Life and Happiness Talk w/Alice Inoue (FREE)	<b>28</b> 6:30-8:00p Mindfulness Meditation w/Max Gin	<b>29</b>	<b>30</b>	<b>31</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NOTE: This calendar is subject to change and may be outdated.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)