

HAPPINESS

MARCH 2019 CLASS CALENDAR

*Member Events are in bold.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|-----------|--|---|---|--|
| | | | | | 1 | 2 2:00-3:00p Overcoming Our Negative Inner Voices w/Alice Inoue |
| 3 6:00-8:30p <i>Master Your Superpowers</i> Book Launch Party w/Alice Inoue (at 4997 Kahala Avenue) | 4 6:30-8:00p Mindfulness Meditation w/Max Gin | 5 | 6 | 7 | 8 | 9 2:00-3:00p Work Out Less, Burn More, and Feel Better w/Chelsea Newman |
| 10 2:00-3:30p The Best Calendar Organization System Ever! w/Alice Inoue 4:00-4:30p Life and Happiness Talk w/Alice Inoue (FREE) | 11 6:30-8:00p Mindfulness Meditation w/Max Gin | 12 | 13 | 14 | 15 | 16 1:00-4:00p Vision Board Your Future w/Alice Inoue |
| 17 2:00-3:00p MELT Method for Pain Relief and Prevention w/Lani Kwon, MA | 18 6:30-8:00p Mindfulness Meditation w/Max Gin | 19 | 20 | 21 | 22 7:30-8:30p Hypnosis w/Beverly and Randy Hampton (FREE) | 23 2:00-3:00p Plant Medicine w/Dalybeth Reasoner |
| 24 1:30-2:30p Body Language of Confidence, Deceit, and Success w/Alice Inoue 3:00-4:30p How to Recognize the Wise Woman in You w/Olivera Milojkovic | 25 6:30-8:00p Mindfulness Meditation w/Max Gin | 26 | 27 | 28 | 29 | 30 10:00a-6:00p Life Planning Workshop w/Alice Inoue |
| 31 12:30-6:30p Life Planning Workshop 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NOTE: This calendar is subject to change and may be outdated.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