

HAPPINESS

OCTOBER 2019 CLASS CALENDAR

*Member Events are in bold.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 10:00-11:30a Do You Want to Get Out of Your Own Way?... w/ Mindy Ash 2:00-3:00p Awaken the Goddess w/Dalybeth Reasoner
6 2:00-3:00p Joyful-Aging: Well-Being from the Inside Out w/ Karen Murashige	7 6:30-8:00p Mindfulness Meditation w/Max Gin	8	9	10	11	12 10:00a-6:00p Life Planning Workshop w/Alice Inoue
13 10:00a-6:00p Life Planning Workshop w/Alice Inoue	14 6:30-8:00p Mindfulness Meditation w/Max Gin	15	16	17	18 7:30-8:30p Breaking Through Guilt and Shame: Powerful Pathways to Purpose w/ Jonathan Sugai (FREE)	19 2:00-3:30p Ola Kinetics: Integrated Flow Between West and East w/Janis Goto
20 2:00-3:00p How to Reprogram Yourself Subconsciously w/ Alice Inoue 3:30-4:00p Life and Happiness Talk w/Alice Inoue (FREE)	21	22	23	24	25	26 2:00-3:00p Physiognomy: The Basics of Reading Faces w/ Alice Inoue
27 2:00-3:00p Learn the Strategy of Pre-Paving w/Alice Inoue 3:30-4:30p Creating Work-Life Balance w/Lani Kwon, MA	28 6:30-8:00p Mindfulness Meditation w/Max Gin	29	30	31		
			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NOTE: This calendar is subject to change and may be outdated.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