

HAPPINESS

SEPTEMBER 2019 CLASS CALENDAR

*Member Events are in bold.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day	3	4	5	6 7:30-8:30p Guest Speaker: Eva Geuke - Effective Strategies to Improve Self-Image, Posture, and Function of the Body (FREE)	7 3:30-4:30p Empowered Parenting w/Dalybeth Reasoner
8 2:00-3:00p How to Manage Negativity in Negative People w/Alice Inoue	9 6:30-8:00p Mindfulness Meditation w/Max Gin	10	11	12	13	14 2:00-3:30p Sit Well for Life w/ Eva Geuke
15 2:00-3:15p Kinesio Taping Demonstration w/Jonathan Sugai 3:45-4:45p Find Your Archetype w/Alice Inoue	16 6:30-8:00p Mindfulness Meditation w/Max Gin	17	18	19	20	21 2:00-2:30p Life and Happiness Talk w/Alice Inoue (FREE) 3:00-4:30p Ola Kinetics: Integrated Flow Between West and East w/Janis Goto
22 2:00-3:00p Discern Truth and Lies w/Alice Inoue	23	24	25	26	27	28 2:00-3:00p Quick Fix Energetic Jump Start w/Alice Inoue
29	30 6:30-8:00p Mindfulness Meditation w/Max Gin					
			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NOTE: This calendar is subject to change and may be outdated.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