

NOVEMBER 2018 CLASS CALENDAR

*Member Events are in bold.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 2:00-3:00p Secret to a Stress-Free Season w/Lani Kwon, MA
4 2:00-3:00p Stepping Back to Step Up Fulfillment w/Dr. William Findley 3:30-4:30p The Introvert's Guide to Success w/Alice Inoue	5 6:30-8:00p Mindfulness Meditation w/Max Gin	6	7 6:00-6:30p Life and Happiness Talk w/Alice Inoue (FREE)	8	9	10 12:00-4:30p Happiness U at the 'Ekahi Third Year Event at Waterfront Plaza
11 2:00-3:00p When You Can't Relate to Relatives w/Alice Inoue	12 6:30-8:00p Mindfulness Meditation w/Max Gin	13	14	15	16	17 2:00-3:00p Ho'oponopono w/ Dalybeth Reasoner 3:30-5:00p Chair Yoga and Yoga Nidra w/Janis Goto
18 2:00-3:15p Food and Skin Glow w/Holly Harding	19 6:30-8:00p Mindfulness Meditation w/Max Gin	20	21	22	23	24 2:00-3:00p In Sync with Synchronicity w/Alice Inoue 3:30-4:00p Life and Happiness Talk w/Alice Inoue (FREE)
25	26 6:30-8:00p Mindfulness Meditation w/Max Gin	27	28	29	30	
			Members free to Member Events. Guests welcome at \$25.	NOTE: Walk-ins, please email smile@yourhappinuessu.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NOTE: This calendar is subject to change and may be outdated.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@yourhappinuessu.com