

JUNE 2019 CLASS CALENDAR

*Member Events are in bold.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 2:00-3:00p How Do You Talk to Yourself? w/Alice Inoue
2 2:00-3:00p How to Build Better Habits in 4 Simple Steps w/Dr. William Findley	3 6:30-8:00p Mindfulness Meditation w/Max Gin	4	5	6	7	8 2:00-3:30pm Cleansing Through Forgiveness w/Arna Lähela Johnson
9 2:00-3:00p How to Be a Good "Space Holder" w/Alice Inoue 3:30-4:00p Life and Happiness Talk w/Alice Inoue (FREE)	10 6:30-8:00p Mindfulness Meditation w/Max Gin	11	12	13	14	15 2:00-3:15p Marie and Me ("Tidying with Marie Kondo") w/Alice Inoue
16 Father's Day	17 6:30-8:00p Mindfulness Meditation w/Max Gin	18	19	20	21 7:30-8:30p Guest Speaker: Ramsay Taum (FREE)	22 10:00am-5:00p Declutter & Detox Your Life w/Alice Inoue
23 10:00am-5:00pm Declutter & Detox Your Life w/Alice Inoue	24 6:30-8:00p Mindfulness Meditation w/Max Gin	25	26	27	28	29 2:00-3:00p New Moon Burning Bowl Ceremony w/Alice Inoue 3:30-4:30p Death, Dying, and Grieving w/Dalybeth Reasoner
30 2:00-3:00p TBD w/Yancey Unequivocally			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NOTE: This calendar is subject to change and may be outdated.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