



HAPPINESS



MARCH 2017 CLASS CALENDAR

*Member Events are in bold.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 1:30-2:30p Taking Life to the Next Level w/Elijah McShane (Free Talk) 3:00-3:30p Happiness Talk w/Alice Inoue (Free Talk)
5 4:00-5:30p Encore Presentation! 2017: The Year of Initiation w/Alice Inoue	6 6:30-8:00pm Mindfulness Meditation w/Max Gin	7	8 6:00-6:30p Happy Half Hour: Stressed? Ways to Reduce Work-Related Stress Without Drugs or Alcohol w/Alice Inoue	9	10	11 10:00a-6:00p Life Planning Workshop w/Alice Inoue (at Happiness U Rental on Nimitz)
12 10:00a-6:00p Life Planning Workshop w/Alice Inoue (at Happiness U Rental on Nimitz)	13 6:30-8:00pm Mindfulness Meditation w/Max Gin	14 6:00-6:30p Happy Half Hour: A Dozen Ways to Say No Without Feeling Guilty w/Alice Inoue	15	16	17	18 3:30p-4:30p Demystifying the Unseen w/Alice Inoue
19 1:30-2:30p Reduce Your Irritation of Irritating People w/Alice Inoue	20 6:30-8:00pm Mindfulness Meditation w/Max Gin	21	22 6:00-6:30p Happiness Talk w/Alice Inoue (Free Talk)	23	24 7:30-8:30p Creating Work-Life Balance w/Lani Kwon (Free Talk)	25 1:00-2:00p It Pays to Be Yourself w/Candace Thoth 2:30-3:30pm Purposeful Productivity w/Kimi Morton and Pua Pakele & Cabot
26 1:30-2:30p Understanding the 11:11 Phenomenon as Well as How to Create More Synchronicity w/Alice Inoue 3:00-4:00p Solving the Enigma of Body Pains and Health Conditions w/Dr. Chad Sato	27 6:30-8:00pm Mindfulness Meditation w/Max Gin	28	29	30 6:00-6:30p Happy Half Hour: Develop a Mindset that Supports More Money & More Abundance w/Alice Inoue	31	
			Members free to Member Events. Guests welcome at \$25. Class fees range from \$20-\$30.	NOTE: Registration is required at least 24 hours in advance for all classes. Class may be cancelled if there are no registered attendees, or minimum number of attendees not met. 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NOTE: This calendar is subject to change and may be outdated.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