



HAPPINESS

APRIL 2017 CLASS CALENDAR

*Member Events are in bold.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 2:30-3:30p Forgetful? How to Get Your Memory Back w/ Dalybeth Reasoner 4:00-5:00p Galactic Center Trash Disposal Meditation w/ Alice Inoue
2 1:30-2:30p Happiness Talk w/ Alice Inoue (Free)	3 6:30-8:00p Mindfulness Meditation w/Max Gin	4 6:00-6:30p Happy Half Hour: Why Are You Not Getting What You Want? w/Alice Inoue	5	6	7 7:30-8:30p The Psychology of Portrait Photography w/Tracy Wright Corvo (Free)	8 10:00a-6:00p Life Planning Workshop w/Alice Inoue (at Happiness U Rental on Nimitz)
9 10:00a-6:00p Life Planning Workshop w/Alice Inoue (at Happiness U Rental on Nimitz)	10 6:30-8:00p Mindfulness Meditation w/Max Gin	11	12	13	14	15 1:00-2:00p Understanding and Managing Emotions w/Heather Patterson 2:30p-3:30p Learn About Yourself Through Your Astrology Chart w/Alice Inoue
16 Easter Sunday	17 6:30-8:00p Mindfulness Meditation w/Max Gin	18	19	20 6:00-6:30p Happy Half Hour: Ask the Universe Anything Using the I Ching w/Alice Inoue	21	22
23 1:00-2:00p Understanding Wholistic Care for Your Dog w/ Janis Goto 2:30-3:30p The Rules of Life w/ Alice Inoue	24 6:30-8:00p Mindfulness Meditation w/Max Gin	25 6:00-6:30p Happiness Talk w/ Alice Inoue (Free)	26	27	28	29 1:30-2:30p Get Out of Your Own Way w/Alice Inoue
30			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@yourhappinesu.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NOTE: This calendar is subject to change and may be outdated.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@yourhappinesu.com