

The Happyness Center

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Yoga Class 9-10:15am ~Yvette~
3 Spring Boogie Training 8am ~Jo~	4 Drop In Reiki Noon-2pm ~Tara~	5 Smart Recovery 4:30-5:15pm ~Madhu Sai~ Spring Boogie Training @ 6pm ~Jo~	6 Yoga Class 6-7:15pm ~Yvette~	7	8	9 Yoga Class 9-10:15am ~Yvette~
10 Spring Boogie Training 8am ~Jo~	11 Drop In Reiki Noon-2pm ~Tara~	12 Smart Recovery 4:30-5:15pm ~Madhu Sai~ Spring Boogie Training @ 6pm ~Jo~	13 Yoga Class 6-7:15pm ~Yvette~	14	15 An Evening With A Monk 6-7:30pm ~Madhu Sai~	16 Yoga Class 9-10:15am ~Yvette~
17 Spring Boogie Training 8am ~Jo~	18 Drop In Reiki Noon-2pm ~Tara~	19 Smart Recovery 4:30-5:15pm ~Madhu Sai~ Spring Boogie Training @ 6pm ~Jo~	20 Yoga Class 6-7:15pm ~Yvette~	21	22	23 Yoga Class 9-10:15am ~Yvette~
24 / 31 Spring Boogie Training @ 8am ~Jo~ Monthly Meditation 24th @ 11am-12:30pm ~Jo~	25 Drop In Reiki Noon-2pm ~Tara~	26 Smart Recovery 4:30-5:15pm ~Madhu Sai~ Spring Boogie Training @ 6pm ~Jo~	27 Yoga Class 6-7:15pm ~Yvette~	28	29	30

PRACTITIONER CONTACT INFO

Madhu Sai email: madhu@thehappynesscenter.org

Jo Berry email: jo@runclub.ca

Yvette Lehmann email: yvette@yvettelehmann.com

Edith Farrell text: 250-319-1193

Tara Dixon text: 250-263-8260

EVENT DETAILS

- Drop in Reiki on Mon - mini healing sessions (by donation)
- Yoga Classes on Wed & Sat (\$20 drop in, 10 class card \$150, 20 class card \$260)
- SMART Recovery Meetings on Tues - Addiction support (no cost)
- Spring Boogie Training - Sun & Tues
- An Evening With A Monk - March 15 (\$30)
- Monthly Meditation March 24 - (by donation)