

# *Your Life of Happiness Begins Now*

***Learn the 7-step process to increase your happiness!***



*Workshop participant comments:*  
“Bonnie Best’s warm style of leading workshops provides a safe space to learn and grow.”

“This class is like a vitamin supplement for your soul.”

## **Happy People ...**

- Experience more joy
- Live longer, healthier lives
- Are more fulfilled, content, and energetic

## **WORKSHOP**

**Saturday, March 17, 2012**

**9 am to 4 pm**

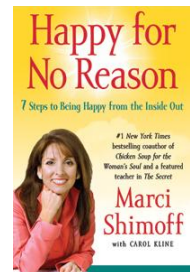
**The Marina Inn on San Francisco Bay**

**68 Monarch Bay Drive**

**San Leandro, CA 94577**

Based on Marci Shimoff’s New York Times best-selling book  
*Happy for No Reason: 7 Steps to Being Happy from the Inside Out*,  
**this workshop will show you how to:**

- Quickly raise your physical, emotional, and mental energy
- Learn habits that support the biochemistry of happiness and reduce stress
- Discover a natural state of peace and joy—no matter what is going on in your life
- Enhance all your relationships



**PRICE: \$75 FULL DAY, \$45 MORNING ONLY**

PRICE INCLUDES BOOK *HAPPY FOR NO REASON* AND LUNCH

Workshop limited to 25 participants

Register Online Now via the website [bbest.com](http://bbest.com)

or Contact Bonnie Best at 510-397-3207 Email: [bonnie@bbest.com](mailto:bonnie@bbest.com)

What to bring: An *open mind* and an *open heart*