



***Learn the powerful 7-step process to
raise your happiness level...***

Online Workshop:

Happiness from the Inside Out



Mary Ann Siara-Decker, M.A.
Certified Happy for No Reason Trainer
Integrative Nutrition Health Coach
(Institute for Integrative Nutrition, NY)

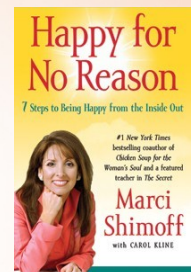
Saturday, 26 October 2024, 9:30 - 12:00 CET
Saturday 26 October 2024, 15:00 - 17:30 CET
Saturday, 16 November 2024, 9:30 - 12:00 CET
Saturday. 16 November 2024, 15:00 - 17:30 CET

People who are happy...

- ✓ Are more fulfilled, relaxed, and energetic
- ✓ Earn more income over the course of their lifetimes
- ✓ Live longer, healthier lives

Based on Marci Shimoff's *New York Times* best-selling book *Happy for No Reason: 7 Steps to Being Happy from the Inside Out*, in this dynamic session, you will:

- Quickly raise your physical, emotional, and mental energy.
- Learn habits that support the biochemistry of happiness.
- Discover a natural state of peace and joy—no matter what is going on in your life.
- Understand the most important ways to enhance all of your relationships.



WORKSHOP COST: €97 (INCLUDING 19 % VAT)

To register please fill in the form below.

If you have any questions, please send an email to:

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