

Who we are:

We are a community based non-profit society dedicated exclusively to promoting clinical and holistic focused psycho-socio-spiritual development.



THE
happy
ness
CENTER

VISIT US!

What we do:

We develop and promote programs to help mind-body connection. We serve emotional and mental well being and bring relief and liberation to inner suffering and build a strong community.

203-242 Victoria St.
Kamloops, BC V2C 2A2
www.thehappynesscenter.org
info@thehappynesscenter.org

<https://www.facebook.com/happynesscenter>

WELLNESS COACHING PROGRAM

FOR
EMOTIONAL
INTELLIGENCE

Working together
for a life well-lived.



FOR YOUR OPTIMUM HEALTH AND WELLNESS

How the Program Works:

- Participants will embark on their individual healing journey.
- Schedule a meeting with the practitioners to customize your wellness program.
- Schedule your appointments with each practitioner.

Receive 21 sessions to complete in 12 weeks.

21 sessions includes

- Outdoor Therapy w community - 8 clinics
- Therapeutic Yoga classes - 6 sessions
- Counseling and Therapy - 2 sessions
- Therapeutic Chakra Balancing - 1 session
- Foot massage & Reiki Healing - 3 sessions
- Personal reading from a Medium - 1 session

WHO IS THE COACHING PROGRAM FOR

- Are are struggling to cope with mental and emotional challenges for a long period?
- Are you looking to build motivation for a better life.
- Are you looking for a more balanced lifestyle.

Embark on your individual healing

Meet our team of expert guides

Our dedicated practitioners from varied backgrounds and expertise will share effective tools that will enrich, maintain, and promote your long-term mental, physical, and emotional health and wellbeing.

Jo berry

Jo Berry is a leader and founder of RunClub that blends outdoor activity and community integration to enhance and contribute to individual's mental, emotional, spiritual, and physical health.

Yvette Lehmann

Yvette Lehmann is a yoga therapist, meditation expert and visual artist that combines yoga nidra, sacred geometry, and traditional wisdom to recognize the programmed mind, awaken emotional intelligence, and help you discover your true purpose.

Madhu Sai

Madhu Sai, a Monk, Counsellor, Yoga Therapist and Vedic Astrologer that combines clinical and holistic approaches in supporting clients with Trauma and Mental Conditioning.

Edith Farrell

Edith is an intuitive with the phenomenal healing power of touch. She combines reflexology-based foot massage and Reiki to bring a sense of balance by releasing old beliefs and negative self-talk.

There is no better time than NOW!

WHAT YOU GET IS BALANCED STILLNESS

BENEFITS OF THE PROGRAM

- To promote more mobility, less stiffness, stressless and a tension free body.
- Counseling and Emotional Therapy to build emotional Intelligence. brings mental clarity to your life situation.
- Balancing your energy system and discharging any negativity.
- Helps in letting go of limiting beliefs and tapping into your full potential.
- Provides a safe, supportive, and inclusive community integration to enhance your mental, emotional, spiritual, and physical health.
- Help to bring you clarity and alignment with achieving your dreams and desires.

Register on our website:

www.thehappynesscenter.org

Where: at The Happyness Center

When: You can start anytime at your convenience.

Your investment: \$ 987

Payment Plan: 493.50 / month for 2 months

**Sign up now and start your
wellness journey.**