

HELP YOURSELF TO HAPPINESS™

A One-Day Awakening Experience

This Program is for you, if you answer 'Yes' to either of these questions:

Q1: Haven't you always been giving your time, opportunity and resources to serve others?

Q2: Haven't you often thought it's important that you celebrate yourself?



Help Yourself To Happiness is a Program that invites you to discover the joy of being yourself, realizing yourself and celebrating yourself. It offers no methods and makes no promises. Because, seriously, intelligent living requires none of those!

Instead, the Program serves you awakening reflections for everyday living and inspires you to go be the person you have always wanted to be!

Brought to you by Happiness Curators and Life Coaches Vaani Anand and AVIS Viswanathan, this one-day Program will invoke soul, provoke thought and inspire action. If you have always wanted to pause, reflect and reboot your Life, then come, *Help Yourself To Happiness!*

Program Details:

Date: Friday, March 18, 2016

Venue: InKo Centre, 18, Adyar Club Gate Road, (Boat Club Area), Chennai - 28

Timing: 10 AM to 5 PM

Fees: Rs.6870/- per participant (inclusive of 14.5 % Service Tax)

Pre-registration & Pre-payment Required; Limited Seats

For More Information Visit www.avisviswanathan.in

For Registration Please Contact: +91-97-397-23184



AVIS Motivational Speaker #HYTH



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