




live with **joy**  
**purpose**  
**confidence**

 Learn Sudarshan Kriya™

**sky**

**HAPPINESS  
PROGRAM**

**November 22, 23, & 24**

Friday 06:00 PM - 10:00 PM  
Saturday & Sunday 11:00 AM - 04:00 PM  
@ UO HEDCO 146

Scholarship Application Available @  
<http://tiny.cc/GetHappierUO>

Questions?  
Email Ting-fen at [skyufo@gmail.com](mailto:skyufo@gmail.com)  
or text/call Katie at 856-466-5596



This health and wellness workshop is presented to you by UO CSI registered student organization, SKY@UO, and organized by trained College of Education PhD student