



The Centered Place

Yoga and the Science of Happiness

What is it you really want? No matter if it's more money, recognition, a relationship, better health, or a new job, the reason you want it is because you want the happiness, peace, or contentment you think it will bring. We are always striving to live this human life with less suffering and more joy. Join Megan McDonough for an evening about happiness—and how to experience more of it.

You'll be introduced to how western science studies happiness in the evidence-based field of positive psychology, and the tools you can use to cultivate happiness in your everyday life. Beyond western science, you'll also hear what the spiritual tradition of yoga says about happiness, turning the achievement-based idea of happiness upside down.



Megan is the founder of Wholebeing Institute, an educational organization that teaches the science of human flourishing. She has been a student of Nancy and Phil at the Centered Place for over thirty years.



Wednesday, September 11, 2024

7:15-8:30 p.m.

**The Centered Place, 286 Bridge Street
Warren, MA 01083**

Zoom link available for those remote

Call or email to register

(413) 436-7374

Email: info@thecenteredplace.com

Optional suggested donation: \$20