

# Happiness Academy & School of Freedom

## PROGRAM OF THE DAY

ONLINE DISCOVERY DAY

DECEMBER 4 2021 ON ZOOM

THEME: LOVING OUR DIFFERENCES

For over 40 years, over 100 000 people across the globe have attended the Happiness Academy. Scientists, doctors, artists, authors, and philosophers – all Guides within the Raelian movement, come together to shed light on topics like happiness, awakening, and the art of meditation. A School of ultimate Freedom, free of charge and for all to enjoy!

Saturday, Dec. 4, 10am-12.30pm (CEST)

Loving our differences! Loving vs. judging 10am-10.30am By Clémence Linard, M.A Ed., sexologist



5 steps towards Happiness 10.30am-11am By Dr Dennis van Dorp, senior researcher



Dare to be different! 11.am-11.30am By Sandra Martinsson, Manager Travel Trade



Sensual Meditation & Awakening Stairs 11.30am-12.pm *By Antoine Berner, MSc, Computer scientist* 



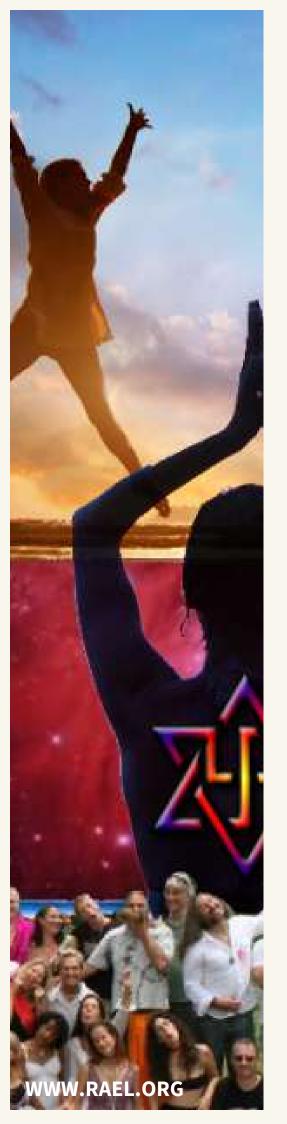
Practicing Meditation: Infinity Meditation 12pm-12.30pm By Roberta Pucci, Comedian



Lunch break 12.30pm-13pm



#### Register here



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www.rael.org/events/happiness-academy-school-of-freedom

Saturday, Dec. 4, 13.30pm-17pm (CEST)

Freedom - To be ourselves and overcome our fears!
13.30pm-14pm
By Dr Marcus Werner, Ph.D, neuroscientist

Art, Freedom & Happiness 14pm-14.30pm *By Gyom Demba, Choreographer* 

Refinement, being gentle with others 14.30pm-15pm By Alexandra Nanchen, Meditation teacher

Love of silence & silence of love Practicing meditation: Meditation for Peace 15pm-15.30pm By Giovanni Ottaviani, Author

"What is fulfillment?" 15.30pm-16pm By Glenn Carter, Actor, singer-songwriter

Dance for no reason! 16pm-16.30pm By Dr John Reid, MD

The After - Q&A to speakers 16.30pm-17pm













#### **NEXT EVENTS**

The Online Discovery Series Continues
Febuary 12, 2022 Special Sensual Meditation Discovery Day
June 18-19, 2022 Discovery Weekend

Two real face to face group Events

March-April, 2022 Spring Tour - Local Happiness Academies & Schools of Freedom 1st week of August, 2022 European Happiness Academy in a beautiful setting