



**EURASIA LEARNING INSTITUTE
FOR HAPPINESS AND WELLBEING**
SOCIAL INNOVATION & GLOBAL CARE

HAPPINESS MATTERS!

March 20, 2pm CET

Free Online Event

An Online Happiness event to celebrate the International Day of Happiness

This day is a day to be happy of course, but it is also a day to reflect on the inner and outer conditions that we can cultivate and develop to disseminate Happiness for ALL people and Wellbeing for ALL life forms; starting with ourselves and the people around us.

It will take nothing less than an awakening of the heart, cultivating insight, courage, and compassion to contribute to creating a better world that, deep down, we know is possible.

Join the international Eurasia/ ELI team to reflect on these conditions, and practice Happiness Skills that create the inner foundation for a happy, meaningful, and fulfilled life.

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Eurasia Websites
eurasia-foundation.org / elihw.org

THE SPEAKER:

Dr. Ha Vinh Tho is a Buddhist practitioner since 1970, and was ordained by Zen Master Thich Nhat Hanh in 2001 as Dharmacharya (Certified Buddhist teacher), he holds a Ph.D. in Psychology and Education from Geneva University.

He is the founder of the Eurasia Learning Institute for Happiness and Wellbeing and former Director of the Gross National Happiness Centre in Bhutan, as well as former Director of Learning and Development at the International Committee of the Red Cross.



PROGRAM, MARCH 20

2- 2:45 pm CET: **Happiness Matters, a presentation by Dr. Ha Vinh Tho Founder of ELI**

2:50- 3: 40 pm CET: Happiness Skills workshop with ELI Team:

- **Happy School: Mindfulness & SEL practices in classroom context**
 - **Happiness in Business: the HappyBitis story**
- **Gross National Happiness: the important elements for a holistic happy life**
- **Happy Community: sharing about implementing GNH at community level**
 - **Happy Children: practical advice to parents**
 - **Awakening the heart, Mindfulness based exercises**
 - **Water our positive seeds of happiness**
- **Happiness Concert: Collective Jamming Session As Resonance to Tho's Talk**
 - **Better than Found! : Making yourself, others or nature better?**

3:40-4pm CET: **Final plenary**

4-4:45pm CET: *Optional viewing of the film "Happy Schools in Vietnam"*

EURASIA LEARNING INSTITUTE FOR HAPPINESS & WELLBEING - ELI

ELI is a programme of Eurasia association, a not-for profit organisation working since 1998 as a transformative agent of individual and collective change based in Vietnam and in Switzerland. We work through collaborative processes to generate and develop the conditions for the emergence of a new development paradigm linking inner transformation and social innovation.

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ELI TEAM!

