

# FREE Class: Laughter Yoga

Laughter is contagious and has a powerful and immediate effect on our mind, body & spirit.

**Our bodies can't tell the difference between real or simulated laughter!**

Simulating laughter in class will:

- Increase blood flow and oxygen
- Enhance uplifting endorphin levels and can help reduce pain
- Stimulate the immune, digestive and cardiac systems
- Help reduce stress levels
- Stretch and help relax tight muscles
- Create a laughing community and be fun!

*The course format is laughing, clapping and breathing.*

**Please wear comfortable clothing. No need to bring a mat.**



**2017 Dates:** Two Wednesdays per month, 5:30-6:30pm

January 11, 25

February 8, 22

March 8, 22

April 5, 19

May 3, 17

June 7, 21

July 12, 26

August 9, 23

September 13, 27

October 4, 18

November 8, 22

December 6, 20

**Fee:** FREE

**Instructor:** Teresa Corrigan, R.N., M.A., B.C.B., C.L.Y.T., B.C.-N.C

**Registration:** Drop-in, no registration necessary.