

2018 FREE Classes: Laughter Yoga & Laughter Yoga- Meditation

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

Our traditional Laughter Yoga class and our combined Laughter Yoga and Meditation class offer many opportunities to laugh for no reason and receive some of these health benefits.

- Increases blood flow and oxygen
- Enhances uplifting endorphin levels which can help reduce pain
- Stimulates the immune, digestive and cardiac systems
- Helps reduce stress levels
- Stretches and helps relax tight muscles
- Creates a laughing fun community!

Traditional Laughter Yoga classes include laughing exercises, breathing, clapping and a lot of fun. Laughter

Yoga and Meditation Classes begin with laughter exercises followed by Mindfulness meditation.



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

Drop-ins Welcome, registration not required



Traditional Laughter Yoga

Two Wednesdays 5:30-6:30 p.m. and
Two Fridays per month,*2:30-3:30 p.m.

◆January *5, 10,*19, 24 ◆February *2, 7,*16, 21 ◆March *2, 7, *16, 21
◆April 4, *13, 18, *27 ◆May 2, *11, 16, *25 ◆June *1, 6, *15, 20

Laughter Yoga and Meditation

Monthly 5:30-6:30 p.m.

◆January 31 ◆February 28 ◆March 28 ◆April 25 ◆May 23 ◆June 27

Fee: FREE

Instructors:

- ◆Teresa Corrigan R.N., M.A., Certified Laughter Yoga Teacher
- ◆Kazuyo Shimokawabe, Certified Laughter Yoga Leader
- ◆Rachel Lanzerotti MSW, eRYT500, EYT Certified Yoga Therapist, Meditation Teacher