

Introduction to

Laughter Yoga

FREE WORKSHOP!

Discover the Laughter-as-Exercise system which is sweeping the planet!
Experience unconditional, heartfelt laughter techniques, yogic breathing & easy stretches, blending the best of Eastern/Western healing systems.
Suitable for all ages and abilities.

Enjoy the scientifically proven benefits of pro-active laughter:

- relief of stress, anxiety, pain, depression
- improved respiration, circulation, digestion, elimination
- enhanced immune system
- stronger self-confidence, more satisfying relationships
- greater sense of peace and happiness



Instructor Jeffrey Briar is a Master Trainer with The Dr. Kataria School of Laughter Yoga

Info/Reservations: **(949) 376-1939**

Info@LYInstitute.org

www.LYInstitute.org

You don't need to feel good first.
Laugh First! The good feelings follow.

You don't need to have a sense of humor.

Laugh first, even for no reason! Your sense of humor grows as a result.

"What soap is for the body, laughter is for the soul." Come have a nice scrub!