

Laughter Kirtan

Saturday 1/19 10:45am Laguna Beach



Modeled after traditional Kirtan Call-and-Response singing: a vocalist sings a line; the rest of the group then repeats that line.

In **Laughter Kirtan** the sung line consists of **laughter** sounds! **Laughter Kirtan** "singers" are also welcome at any time to let go of the sung line, and instead to laugh freely.

"It's the heart, not the art."

Saturday January 19 10:45am **Free!**

On the sand in Laguna Beach - northern end of Main Beach (by Bird Rock)

Special Benefits of **Laughter Kirtan**

- Easy to do: Laughter is a universal language; no words to memorize
- Everyone can participate (all ages, abilities)
- Encourages relaxation of the Critical Mind and being "In The Now"
- Supports Friendship, Community, Like-Mindedness
- Laughter is contagious, playful, fun
- Provides the health benefits of laughter: relief of stress, strengthened immune system, improved breathing and cardiovascular health, etc.

Kirtan: "It's like singing around a campfire... like a hootenanny with meditation."

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www.LYInstitute.org/laughter-kirtan

Open your heart and let the joy come out!