

Teena Miller's Laughter Yoga

By Lou Zauner, Photojournalist



What better medicine is there but laughter? Teena Miller says, "Unconditional laughter does not require humor, comedy or jokes. Laughter reduces stress; promotes relaxation; boosts the immune system; reduces blood pressure, and more."

Teena Miller brought such a "Come one, come all" program to an audience in Lee Lounge, December 18, from 3:30 to 4:30 p.m.

Teena demonstrated her teachings to some two-dozen residents and staff, who wanted to become laughter-addicted and healthy. The participants, seated in a circle, following the advice, hand and body maneuvers, and loud and deliberate "HAH-HAH-HAH's" presented by Teena. She promised "Our laughter group is a safe place to relax and giggle."



As a cancer survivor, Teena (pictured above) has learned to reach out and educate herself, to be open to possibilities, and to trust her intuitive voice. She has been educated in many schools of higher learning, from Berkeley and Stanford to Sonoma State for her California Teachers Credential and JFK University as a Master's Candidate in psychology and Life Coaching.

