

BECOME A CERTIFIED LAUGHTER YOGA LEADER

START UP A LAUGHTER CLUB

What is Laughter Yoga?

“What soap is to the body, laughter is to the soul.”- Yiddish Proverb

Laughter Yoga is a mild physical technique involving a blend of playful, empowering and tension releasing laughter and breathing exercises. Simple, structured and based on the philosophy of ENACTING JOYFULNESS, these exercises can be done in any environment and in any clothes. Companies and Health Care Centers that have brought Laughter Yoga Teachers to the workplace describe the impact as REVOLUTIONARY. This is impressive given that a typical program consists of weekly sessions only lasting 20 to 30 minutes.



RSVP BY: September 20,

**Training Cost:
\$300.00**

Florence Douglas Center
333 Amador St. Vallejo



**Laughter Leader Training with
TEENA MILLER**

**SEPT. 30, 2017 10:00AM-5:00PM
AND OCT. 1, 2017 10:00AM-5:00PM**

333 AMADOR ST., VALLEJO 94590

**PLEASE COME DO YOUR HEART &
HEALTH GOOD**

**Contact Numbers:
Teena Miller 707-552-9742
Peter Wilson: 707-643-1044
www.LaughingHeartConnection.com**

COME FOR THE EXPERIENCE!

