

Presenting....

LAUGHTER YOGA

By Carol Ann Shannon,
White Rock Laughter Club

Saturday, November 21

10:30am to 11:30am

Powell River Recreation Complex

\$15 per person

What is Laughter Yoga?

Laughter Yoga is a series of breathing and easy movement exercises designed to teach the body to laugh without depending on jokes or humour. Why call it Laughter Yoga? Yoga means union and laughter brings all 3 aspects of mind, body and spirit together. We can also call it 'laughter-cise'. It is an aerobic exercise for the lungs, a stress buster, it can include techniques that are playful, yogic based, clapping, chanting, deep breathing, humming, etc, all chosen to lighten our spirit and give a feeling of well-being through the release of endorphins. Laughter has holistic benefits on all levels; it is a pain reliever, improves immunity, lowers blood pressure and it improves your sense of humour.

Who can do Laughter Yoga?

If you can walk and laugh, you can do Laughter Yoga. It does not involve deep stretches or any strenuous movements. Laughter Yoga is for all ages, shapes and sizes. Bring your Dad, your Mom, your daughter, your son, your Grandpa, your Grandma – it's fun for everyone!

Why do it?

Like any form of exercise, Laughter Yoga makes you feel good. You will be surprised at the benefits. How many times do you catch yourself 'not breathing', just standing there, holding your breath? Laughter Yoga is a reminder to 'let it all go', to use the breath and laughter and your body to provide release and better grounding for everyday life.

*****About Carol Ann**

Carol Ann has shared Laughter Yoga for the last three years with community centers, mental health care providers, educators, seniors programs and wellness fairs. She co-established the White Rock Laughter Club in 2006. Carol Ann brings a wealth of experience to her Laughter Yoga classes. She has been a teacher of (TM) Transcendental Meditation for thirty-five years and a Master Practitioner of (NLP) Neuro Linguistic Programming. In her spare time, Carol Ann likes to bicycle in Canada and Europe and share her passion for fun and laughter with others. Of all her accomplishments, she is most proud of being a wife and mother of two grown boys.

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*Bring your Dad, Mom, daughter, son,
Grandpa, Grandma. All ages welcome!*

TO REGISTER: call 604-485-4344 before Nov. 19