

**Free Introductory Laughter
Yoga class Friday Oct 8 7-9pm**

Held at Subud House
330 Melville,
Palo Alto, Ca 94062

Laughter Yoga Institute Presents: Certified Leader Training Oct 9-10

Saturday 11:30 am -7 pm
Sunday 10:00 am -5 pm

www.LYInstitute.org

This program is for those who want to experience an intensive, fun weekend of Laughter Yoga, to become certified and empowered to start Laughter Clubs, and to lead unconditional laughter experiences in a variety of communities. You will learn how to release tension in a safe and joyful manner, how to share this ability with others, and be able to create an unlimited supply of laughter exercises. You will laugh a



lot. The program is ideal for anyone who wants to spread the benefits of laughter. Participants are: health care workers, coaches, teachers, fitness & yoga instructors, social workers, nurses, public speakers and corporate trainers. Learn how to facilitate laughter for special populations, wellness programs, elders, teens, and businesses.

Laughter Yoga Institute
Jeffrey Briar: Certified Laughter Yoga Teacher
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Local Organizers: Sheralee Beebe and Kate Renton
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