

Saturday, April 16, 2011 2:00-3:00 pm

LAUGHTER YOGA

Laughter is the best medicine

Now over 6,000 Laughter yoga clubs in 60 countries



Laughter relaxes the whole body, triggers the release of endorphines. Boosts the immune system, scientifically proven to lower stress hormones, (epinephrine, cortisol etc.) in the blood

Laugh for no reason, you don't need a sense of humor



Sat. April 16th @2:00 pm.

www.moondancearts.ca

The Art House Studio
1756 Wilmot Avenue
Shawnigan Lake, BC
250-743-5846

contact - Liz Fraser 250-701-3844

Dr. Madan Kataria
founder of the Laughter Yoga Clubs

Cost - by donation