

LAUGHTER YOGA



Benefits of Laughter Yoga:

- Greater flow of oxygen to the brain
- More energy
- More motivation
- A connection between participants
- A positive state of mind
- Relief of stress
- Strengthening of the immune system

Session combine smiling exercises with deep breathing techniques to reduce stress and increase energy - no yoga mats required. Come try it with us!

★ **Thursday** ★
February 20th
1:30 pm

Reserve Your Spot Now - 949-380-0155

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills