LAUGHTER YOGA
(LAUGHTER THERAPY)

It is THERAPEUTIC  It is STRESS REDUCER
It is INSPIRATIONAL  It is an EXERCISE

It boosts /strengthens our immune system, improves blood circulation and overall health and adds joy and zest to life.

Today’s laughter yoga session will be lead by Raj. Raj is a certified Laughter Yoga leader (by Laughter Yoga International University). He is an engineer by profession and had been practicing and leading Laughter Yoga sessions/events for over 10 years.

He leads laughter sessions in the area at different places - rehab schools/colleges, community centers, Stroke survivor support groups in hospitals, PSA and National Heart and Stroke Association events in the area. He will be glad to help anyone interested and can contact him anytime.

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