

In Miami, FL, on January 10-11, 2009!

# Laughter Yoga

## The Best Medicine!

Experience a refreshing and innovative practice that provides a whole new approach to stress-management as well as physical and mental well-being through laughter! Gain a leading edge in wellness. **As seen on the Oprah Winfrey Show**, Dancing With The Stars, Good Morning America...

The secret of Laughter Yoga is that our bodies are hardwired with some surprisingly powerful natural reactions to extended hearty laughter (a whole-brain function.) These side-effects include:

- **Blood** and all major organs are **fully oxygenated** leaving us bursting with energy
- **Blood pressure** and pulse rate **drops**, circulation improves
- **Depression** is **lifted**
- **High endorphin** levels put us in a **great mood** and reduce many aches and pains
- **Lymphatic** system is **massaged**
- **Self-confidence**, communication and creativity are **boosted**
- **Stress-levels reduce** by 75% or more and we become more stress-resistant in our **day-to-day lives**

*"Stress lifted from my body. It lifted from my soul." – Reggie Wells, Oprah Winfrey's "resident cynic."*

*"Of all the things I have done, sweat, lead, taught (with over 25 years in the wellness industry), Laughter Yoga is by far the most accessible and tangible." Mary Margaret Anderson, yogastudio Plymouth, MN.*

*"I'm knocked out both by the possibilities that my new Laughter Yoga skills opened for me and also by your inspiring leadership in the field." Dex Graham*

**About the facilitator:** Sebastien Gendry is the founder and director of the American School Of Laughter Yoga, the oldest and biggest provider of Laughter Yoga education in North America (currently serving the needs of people in 119 countries and territories as well). A passionate and charismatic group facilitator, he is best known for his unique style of delivery and his ability to empower and help people (re)discover their creative spark. He has appeared on the Oprah Winfrey Show, ABC Good Morning America, National Public Radio and many more mainstream media. Visit [www.laughangeles.com](http://www.laughangeles.com)



## Two Opportunities To Experience Sebastien Gendry and Laughter Yoga

### An Evening of Laughter Yoga

#### **In English y En Español!**

Location: 8501 SW 86 court, Miami, FL 33143

*Tickle your funny bone, release tension and get a taste of Laughter Yoga with this fun workshop, open to all. Your inner child will take days to settle down!*

Fri. 01/09, 7:30-9pm

**\$10**

(free for week end workshop participants)

### 2 days of Laughter Yoga Funshine!

#### **In English y En Español!**

Location: 8501 SW 86 court, Miami, FL 33143

*This is a fun 2 day workshop filled with laughter where you will not only learn more about how to lead a Laughter Yoga session with a variety of students, but you'll have lots of time and support to practice your own laughter skills in your unique way. All participants will receive a Laughter Yoga Leader certificate.*

Sat. 01/10, 9a-5p

Sun. 01/11, 9a-4p

**\$297**

[laughangeles.com/events.php](http://laughangeles.com/events.php)

to register. Special great discounts are available.