

FOR IMMEDIATE RELEASE – October 20th, 2008

Contact: Sebastien Gendry - American School Of Laughter Yoga

Phone (626) 755 5999 - Email laugh@laughangeles.com - Web www.laughangeles.com

Laughter Yoga To Help Montana Stress Less *No Joke. Not kidding.*

What: An Evening and Week-End Of Healthy And Healing Laughter in Billings, MT

Where: Holiday Inn Grand, Montana, 5500 MIDLAND RD, BILLINGS, MT 59101

When: Fri. 10/24, 7:30-9pm, Sat.-Sun. 10/25-26, 9a-5pm

Billings, MT: Can one be happy and stay positive in such a stressful and challenging world? A group of optimistic Billings residents will answer to the top of their lungs with an affirmative “YES!” on Friday evening 10/24 from 7:30-9pm at the Holiday Inn Grand in Billings. They will experience first hand the scientifically proven fact that laughter is a powerful medicine as they laugh their stress and tension away without using humor or comedy. No joke. All are welcome.

Laughter Yoga is a new form of exercise especially designed to help defuse the negative impact of stress and make a person feel more energetic and healthy. It combines laughter exercises and simple yoga breathing techniques. A medical doctor came up with the idea in India in 1995 and it proved so powerful and easy to implement that it is now practiced by tens of thousands of people in over 60 countries. There are currently over 350 Laughter Clubs in the USA, 2 of which are in Montana.

“A playful approach to everyday things is a key factor in keeping healthy” says Sebastien Gendry, Director of the American School of Laughter Yoga who will lead the event. *“We aren’t always having fun, but we do have a lot more fun with laughter than without.”* Gendry is one of the most senior figures in the international Laughter Yoga movement and has appeared on the Oprah Winfrey Show, ABC Good Morning America, National Public Radio and more.

The Friday 10/24 evening of laughter is free and open to all. A \$10 donation is appreciated. It will be followed by a fun 2 day workshop on Sat. Sun. 10/25-26 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.

For more information about Laughter Yoga or any of these two events , please visit www.laughangeles.com; email laugh@laughangeles.com or call 626 755-5999.

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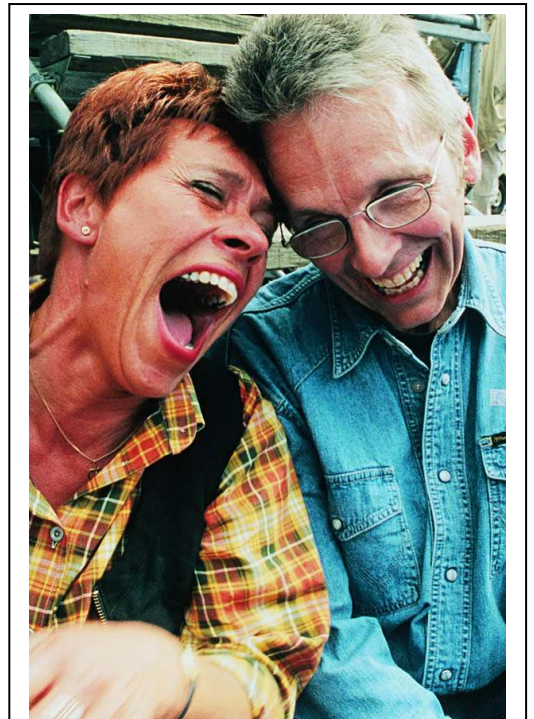


Photo Credit: Thomas Flindt
Caption: Laughter Yoga To Help Montana Stress Less on 10/24.
No Joke.