

# FOR IMMEDIATE RELEASE

**What:** New Laughter Club in Los Angeles West Side!

**What's unique:** Amazing visuals. Great audio. Many people with inspiring stories.  
Laughter Yoga is non-political, non-religious, non-competitive.  
We laugh for no reason at all; for better health, joy and world peace.

**When:** Sat. July 29, 2006, 11am – 12noon, and every week henceforth same time same place  
**Where:** Westwood Park, 1350 S Sepulveda Blvd, Los Angeles, CA 90025

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THE AMERICAN SCHOOL OF LAUGHTER YOGA IS PROUD TO ANNOUNCE THE BIRTH OF LOS ANGELES FIRST LAUGHTER CLUB ON THE WEST SIDE. ATTENDANCE IS FREE AND PUBLIC.

*Laughter Clubs are community based associations of people where all are welcome. They are non-religious, non-political, non-competitive, and a place where you will laugh like you have never laughed before, leaving you refreshed and invigorated. You will do this for no reason at all, except the desire to improve your health and well-being.*

Today, many people fear widespread international terrorism. The world has never faced so much unrest before. People are at war within themselves.



Laughter Yoga is a worldwide social movement (non religious, non sectarian, non political) that aims to promote world peace through laughter. It is based on the philosophy of “acting happiness” and is a physically oriented technique, not a mental practice. In Laughter Yoga, you don't need to be happy, have a sense of humor, or even have a reason in order to laugh. Laughter is a tremendously efficient way to express and release tension in a positive manner, and is proven to relieve stress, improve blood flow and digestion, and strengthen the immune system. There are over 5000 Laughter Clubs worldwide in 40 countries and growing. There are currently 12 Laughter Clubs in Southern California, and over 300 in the USA and Canada.

Here are 10 good reasons to come laugh with us for no reason

1. Laughter is a stress buster. It reduces the levels of stress hormones epinephrine and cortisol.
2. Laughter strengthens the immune system and helps maintain good health.
3. Laughter is anti-ageing. It increases blood supply to the face, nourishing the skin and making it glow.
4. Laughter is an aerobic exercise equivalent to any other standard aerobic exercise.
5. Laughter increases the levels of endorphins – the body's natural pain killers.
6. Laughter helps control high blood pressure by reducing the release of stress-related hormones.
7. Laughter helps dump depression, anxiety and psychosomatic disorders.
8. Laughter Yoga makes us more creative and imaginative. It improves our sense of humor.
9. Laughter shrinks the hurts of everyday life to a smaller, if not inconsequential size. It interrupts the power struggle and defuses anger by releasing it.
10. Laughter helps individuals be more self-confident and self-expressive.

The Los Angeles Laughter Club will meet for the first time on Saturday July 29, 2006, from 11am to 12 noon at Westwood Park, 1350 S Sepulveda Blvd, Los Angeles, CA 90025. This club will then meet on a weekly basis in Westwood park every Saturday, 11am – 12noon. Please check the website for up to date information.

For more information about Laughter Yoga in Los Angeles, please visit [www.laughteryoga.us](http://www.laughteryoga.us); or contact the American School Of Laughter Yoga at 626 755 5999.

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