

FOR IMMEDIATE RELEASE

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What: New lunch time Laughter Club in Olvera Street, Downtown L.A.!

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.
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When: Every Wednesday, 11:45am-12:15pm and 12:30pm – 1pm
Where: Casa De Sousa, 634 N Main St. (W-19 Olvera Street), Los Angeles, CA 90012

Contact: Sebastien Gendry, American School of Laughter Yoga.
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THE AMERICAN SCHOOL OF LAUGHTER YOGA IS PROUD TO ANNOUNCE THE BIRTH OF THE ANGELINOS LUNCH TIME LAUGHTER CLUB IN HISTORIC OLVERA STREET, THE BIRTHPLACE OF THE CITY OF LOS ANGELES!

The Angelinos Laughter Club meets every Wednesday 11:45am -12:15pm + 12:30-1pm in Casa De Sousa, 634 N Main St. (W-19 Olvera Street), Los Angeles, CA 90012. It is a great way for office worker to spice up their lunch break, release stress and feel good for the rest of the day! 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.

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 painkillers.
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.

For more information about Laughter Yoga in Los Angeles, please visit www.laughangeles.com; or contact the American School Of Laughter Yoga at 626 755 5999.



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