



Presents

Covenant Laughter Club

Covenant LifeStyle Centre

**Top of East Parking Garage
21st and Joliet, Lubbock, Texas
806-725-4386**

No fee and no RSVP required.
(Membership in Covenant LifeStyle Centre not required)

Wednesdays 5:30 PM to 6:15 PM

Your leader:

**Patty Freier, BSN, RN-BC, RCIS
Certified Laughter Yoga Leader
And Chest Pain Center Coordinator
806-725-0708 or pfreier@covhs.org**

Assisted by Carla Brown, Certified Laughter Yoga Leader Trainer

- Laughter Yoga is a unique idea where anyone can laugh, anywhere and anytime, for no reason at all. We don't need jokes, comedy or even a sense of humor.
- We laugh as a form of exercise in a group and when we look at each other and have eye contact, the laughter becomes contagious and genuine, real laughter.
- We call it Laughter Yoga because we combine laughter exercises with the deep breathing and deep relaxation of Yoga. Deep breathing brings more oxygen to the body and the brain, making us feel healthier and more energetic.
- It's a proven scientific fact that even if your laughter is self-stimulated, your body will have the same tremendous health benefits as real, genuine laughter – so we have a saying in Laughter Yoga: "fake it till you make it!"
- Laughter Yoga was started in March 1995 by a medical doctor from India where Dr. Madan Kataria and his wife Madhuri started in a park in Mumbai with only 5 people. Today there are over 8000 Laughter Clubs in over 80 countries!
- Learn more about it ...(www.laughteryoga.org)



***Keep a song in your heart and laugh often!
Laugh to fight heart disease.***