

Laughter Yoga with Shelley Bell



FREE LAUGHTER CLASS!!!!

April 17, 24 and May 1, 8

2:00 to 3:30 at

**ONEgeneration Senior Enrichment
Center**

18255 Victory Blvd.

Reseda, CA 91335

(818)705-2345

TESTIMONIALS:

"I loved this group. What a beautiful, generous thing to put together, Shelley. I had a great time. Laughing cleared my mind and refreshed my soul and you are adorable and delightful."

"Since I didn't know anyone, I came with an open heart and a desire to laugh. I laughed so much my face hurt. I'm still smiling and laughing. Thank you, Shelley, for the experience."

"I came to the meeting feeling stressed and tired and I left feeling calm and energized. It was terrific!"

"I am so excited to be a part of this group again! I am laughing a lot more often without reservations"

"I loved every moment of "It's Laughter Yoga" with Shelley Bell. It was a fabulous way to focus on the positive side of life. Laughter is so contagious!"

"This meetup is like going to a health spa for me. It's a tune up for the body and spirit. The beautiful sound of each person's unique laughter coming together as one with the intention of feeling good and sending that energy out into the world connects us with the god or goddess within us. Shelley is empowering us to be healers and, to me, that is a true goddess!"



This is an opportunity to participate in a 4 session multi-state study that will demonstrate the physical and psychological benefits of Laughter Yoga as a valid path toward healthy aging for independent adults ages 60+.

What is Laughter Yoga?

Laughter Yoga is a unique concept where anyone can laugh for no reason and without relying on humor, jokes or comedy. Combining laughter exercises with yoga breathing, its core premise is that your body knows how to laugh, regardless of what your mind has to say. You can fake it until it becomes real because, if done with willingness, you get the same physiological and psychological benefits. This is laughter as exercise without traditional yoga poses.

Laughter Yoga's primary objectives are to strengthen the immune system and boost "happy chemistry." As the adage "laughter is the best medicine" goes, researchers credit belly laughs as a recipe for a healthy heart. Laughter Yoga helps expand blood vessels to increase blood flow, reduce stress hormones and boost the immune system. We laugh for the health of it!

Shelley Bell
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