



# **The 4rd Annual Laughter Yoga Connection on Zoom**

## **Saturday 10/10/2020**

9:00-9:30 a.m.	<b>Welcome and LY Exercises</b>
9:30-10:30 a.m.	<b>Laughter Yoga and Resilience</b> <b>Master Trainer Linda Leclerc</b>
10:30-10:45 a.m.	<b>Break</b> <b>Laughter Exercises Demonstration</b>
10:45-11:45a.m.	<b>Doing Laughter Yoga Sessions on Zoom</b> <b>Tamar Cohen and Marja Pirie</b> <b>Laughter Leaders from Vancouver Canada</b>
11:45-Noon	<b>Break</b> <b>Laughter Exercises Demonstration</b>
12:00-12:45 p.m.	<b>Paul Denniston</b> <b>Grief Laughter Yoga and Pandemic Challenges</b>
12:45-1:00 p.m.	<b>Discussion/Evaluation/Planning</b>