



# Combining Joy and Bliss: The Basics of Laughter Yoga

Did you know that laughter is

**Meditation...**

**Exercise...**

Just plain  
***FUN?!?!?***

Come to this hour-long exploration of laughter in your life.  
You'll learn:

- why we don't need a reason to laugh (no sense of humor needed!)
- the difference between happiness and joyfulness
- the importance of laughing everyday, alone and with others

Laugh like you've never laughed before! Discover profound levels of peace, joy and relaxation through laughter. Feel refreshed and invigorated - enhance your energy, mood and creativity - how cool is that?!?!?

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**WHEN:** Thursday, May 15, 2008 @ 6:00pm

**WHERE:** Tamarack Wellness Center located at  
3575 Donald St. in Eugene in the Lily Room

**COST:** \$5.00

Please dress comfortably (in layers, in case you get cold) and bring along some water.

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*Creating peace within creates peace without.*