Laughter Yoga
A Fall 2017 Student Workshop

Are you looking for instant stress relief? Would you like a quick and effective tool to quiet your mind? Laughter Yoga is a technique developed in India in 1995. Participants simulate laughter as a form of physical exercise. Learn techniques that leave you feeling relaxed and energized. Please wear comfortable clothing (no need for yoga mat or yoga clothing) and bring a playful attitude!

When & Where
Wednesday, September 20
3:30-5:00 PM
Mesa Vista Courtyard
Near SHAC’s East Entrance

What You’ll Learn:
• Stretching, breathing, clapping & laughter techniques
• Structured laughing exercises that stimulate prolonged and hearty laughter
• Relaxation and meditation exercises

NO CHARGE!
For More Info, E-Mail: studentcounseling@unm.edu

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