Laughter Yoga
A Spring 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
Tuesday, March 28, 2017
4:00-5:00 PM
Women’s Resource Center
Mesa Vista 1160

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

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