

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



UNM

Women's Resource Center

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

