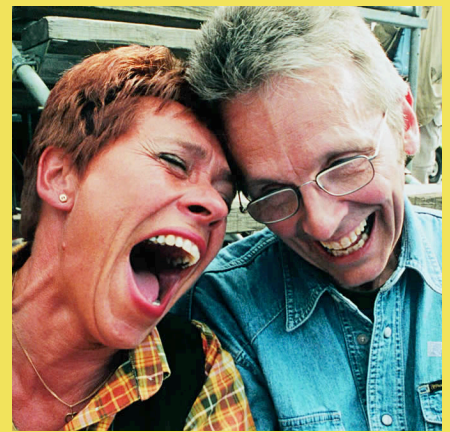


Laughter Yoga. Laughter Wellness. Laughter Health. Laughter Fun.

# Laughter Workouts

for body & spirit



**Laughter as exercise:**

- ⇒ Relieves stress
- ⇒ Releases endorphins
- ⇒ Boosts immunity

**And FEELS GOOD!**



We laugh for  
no reason...  
**BECAUSE**  
**WE CAN!**

Join us every Sunday morning in March 2014, 9:00 to 9:45 am  
at the Threads of Awakening Transformative Arts Studio  
805-626-8272 or [info@threadsofawakening.com](mailto:info@threadsofawakening.com) for info



**Everybody welcome! Just show up!**

laughter freely given. donations gratefully accepted. suggested donation \$5.