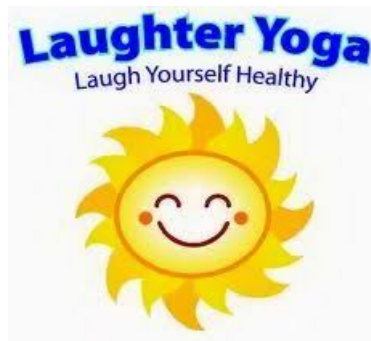


Laughter Yoga

With

Rosanne Spinner

AS, CHHC, AADP
Holistic Health Coach
Laughter Wellness Instructor



**What exactly is “laughter yoga?” and why should you try it?
This explanation, provided by Rosanne Spinner, might be helpful:**

“Laughter Yoga is a series of laughter, breathing and playfulness exercises with many scientifically-documented health benefits. You don’t have to be happy, nor have a sense of humor, nor a reason. All you need is a willingness to participate, and the health benefits are the same. How cool is that! I incorporate my knowledge of holistic health into every class.”

Come to learn more about this unique way of dealing with life and its worries, stressors and troublesome thoughts and find out why laughter is truly the best medicine!

For an enjoyable experience, it is recommended that you eat very lightly at least two hours before the program; wear loose, comfortable clothing and shoes, no scented perfumes or soaps. Please note this is not a “floor” class – it will be done seated or standing.

Tuesday, January 22, 2pm

Online registration opens Monday, Dec. 10; OD Jan. 7

Fee - \$3.50 payable by check or MO

Hillside Public Library
155 Hillside Ave., New Hyde Park, NY 11040
(516) 355-7850, x304; hillsidelibrary.info/events