

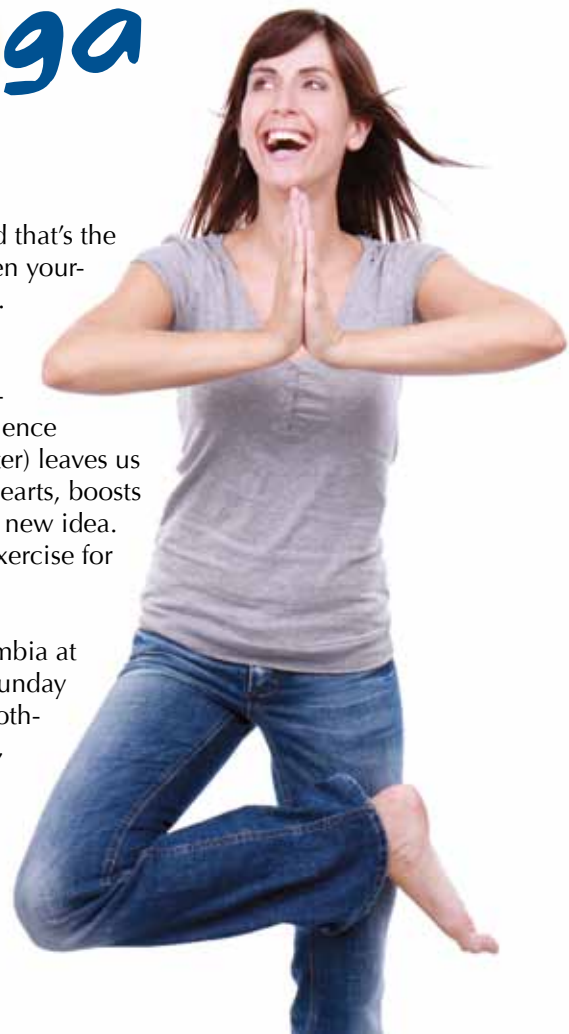
Put a Little Laughter Yoga in your Life

Have you ever heard of Laughter Yoga? Sound silly? Of course it does! And that's the beauty of it. When was the last time you gave yourself permission to open yourself to childlike playfulness? Laughter Yoga is your chance to do just that.

Laughter Yoga is a practice of laughing for no reason—without the use of jokes, comedy or humor. Laughter Yoga uses simple group games, eye contact and silliness to simulate laughter, which soon turns into the real thing. Why? Because science has shown that prolonged, intentional laughter (real laughter or even fake laughter) leaves us feeling more confident, creative and happy. Prolonged laughter is good for our hearts, boosts our immune systems, reduces pain and stress, and improves mood. This is not a new idea. Lord Byron once said, "Always laugh when you can. It is cheap medicine." It's exercise for the funny bone.

If you'd like to try this for yourself, join a Laughter Yoga session at Unity of Columbia at 1801 LeGrand Rd, Columbia. Laughter Yoga meets at 12:30 pm on the second Sunday of every month (next session, July 10). You don't need any special equipment, clothing or experience. Just come as you are, ready to laugh. There aren't mats, poses, stretching or chanting; just chuckling, belly laughing, tittering and snorts.

For more info regarding Laughter Yoga in Columbia, contact Delores Pluto at dpluto@bellsouth.net or 803-256-4757. Learn more about Laughter Yoga in general, find other groups, or even phone laughter groups at LaughterYoga.org or LaughterYogaAmerica.com.



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