

# Ellen Klein



*The Optimistic Catalyst*  
*Optimistically You*

## *Optimism For Everyone!*

As a three-time cancer survivor, optimism became a key for survival. With a focus on improving and seeing better days ahead, it became a life practice to seek out and explore optimistic practices. Discovering Laughter Yoga was a blissful shift into a joyful direction. Using it in nursing practice and witnessing stressed out team members leave the office feeling better, made laughter a great way to promote optimism and shift more groups and individuals into an instant positive outlook. One cannot feel sad when they are involved in what makes them feel glad.

Offering optimistic practices of laughter, meditations, playful activities, and mindfulness techniques have provided a new prescription for this former nurse to inject realistic light-hearted offerings for a world hungry to discover new ways that lead to optimistic living.

## **Optimistically You**

*Creating Optimism  
with Laughter Yoga*  
[www.Optimisticallyyou.com](http://www.Optimisticallyyou.com)  
Northbrook, IL  
(847) 571-7553

*Certified Laughter Yoga  
Leader Trainings  
Laughter Presentations  
Laughter Workshops*



*“Ellen Presents a program that  
will leave you with a joyful  
and optimistic outlook! “*

### **Credits**

A song for laughter - *Joy is Here*  
Ten Laughter Exercises to change your laugh  
Top Ten Optimistic Tips  
The Optimists Laughter Club

### **Offerings:**

One-on-one Laughter Experiences  
Onsite group presentations, post-presentation classes  
Ice-Breakers, Break-Out Sessions,  
Laughter Certification Training (Leader Level)

[www.optimisticallyyou.com](http://www.optimisticallyyou.com)

### **Affiliations:**

Laughter Yoga International Prozone Member  
Association for Applied Therapeutic Humor  
AATH

### **Modalities:**

*Laughter Yoga Exercises  
Playful Activities  
Meditation  
Grounding Practices  
Singing Circle*

*Silence Practices  
Body Movement  
Improv*

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