



Get Happier & Healthier... Laugh

www.OptimisticallyYou.com

There's More to Laughter...

In its basic form, laughter is an explosive exhalation that is enjoyable to release. When we laugh there are actual chemical changes in our body and mind. Laughter is our body's way of elevating our mood, releasing tension and alleviating pain. Stress causes chemical changes in our body and mind, too. Laughter is an antidote to stress because when we laugh, we cannot be angry and upset. S(he) who laughs, really does last!

Why Laugh?

When we practice laughter, we are able to laugh deeper and move our diaphragm, which changes our whole perspective on breathing in a healthy way. Laughing for longer periods (15 minutes) is similar to cardiac exercise only more fun. We practice stress way to much, this is a happier and healthier natural engagement.

Optimistically You

*Creating Optimism
with Laughter Yoga*
www.Optimisticallyyou.com
Northbrook, IL
(847) 571-7553

*Certified Laughter Yoga
Leader Trainings
Laughter Presentations
Laughter Workshops*

*For Instant
Optimism
Laugh!*



How it's Done

We engage in guided interactive and playful activities that surprise and delight participants as they shed their social conditioning and emotional constraints. The resultant freedom of being and relaxation of body allows and inspires joyfulness. Come as you are. Leave as you would love to be. Done at your own pace and for all levels of activity, expect gentle stretches, laughter and breathing exercises and a guided meditation.

Beneficial Results Include:

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| <ul style="list-style-type: none"> uplifts mood boosts immunity increases oxygen improves attitude attracts positivity | <ul style="list-style-type: none"> releases tension enhances relationships inspires hopefulness builds confidence promotes wellbeing |
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Offerings

- Weekly Laughter Club
- Group Presentations
- Follow up Classes
- Optimistic Workshops
- Certified Laughter Yoga Leader Training

