

# Celebration of Love

... a function of the World Love Project™

presents

## Laughter Yoga

Leigh Meredith & Jon Graznak

*Join the wave of Laughter Yoga quickly spreading across the world!*

Created by a medical doctor in India, this mode of healing has grown to over 6000 world wide groups. Laughter Yoga gives you the ability to *laugh yourself to health*. Add some laughter to both the physical & emotional healing in your life.

Leigh & Jon are certified Laughter Yoga instructors & will share quantified information on the physiological benefits of laughter in your life & lead you through a typical hour experience of joyful laughter.

“Laughter Yoga combines laughter with yogic breathing exercises. It is a perfect way to laugh & get exercise at the same time. It approaches laughter as a body exercise, so it is easy to laugh even when you are depressed or in a bad mood. Last year I highlighted laughter yoga on my TV program. I have tried it, & it works.” Oprah Winfrey in The Courier Mail (Jan 14, 2008, Australia)

**Thursday FEBRUARY 11<sup>th</sup> 1:30 - 5PM**

**SOUTH RIVER HIGHLANDS COUNTRY RETREAT**

266 Highland Farm Road, Buena Vista 22416

**DRIVING DIRECTIONS : Rt 608 via Rt 60 OR Rt 703 via Rt 631 via Rt 11**

**CALL : Antonia540.461.1401 or Barney540.461.3711 COST : Love Donation**

**[www.CelebrationOfLove2010.com/event.html](http://www.CelebrationOfLove2010.com/event.html)**