

# FREE LAUGHTER YOGA CLASSES



at **Genesis Tree of Life Yoga & Wellness Center**

## **LAUGHTER YOGA IS BACK AT TREE OF LIFE...AND YOU'RE INVITED!**

Is it possible to laugh for no reason? The answer is YES! Laughter can be learned and programmed into the body, to bring about a complete transformation.

The name Laughter Yoga is derived from combining Yogic breathing (Pranayama) with Laughter Exercises. This effective blend results in multiple health benefits, primarily increasing the supply of oxygen and boosting the immune system. It energizes and recharges the metabolism, making one feel fresh and energetic.

So, leave your frowns at the door and join us in this non-political, non-religious, non-competitive, FUN activity for better health, joy and world peace!

**When:** Every 1<sup>st</sup> Wednesday of the Month

**Time:** 8:00 - 9:00 pm

## **REGISTER TODAY**

Call 718.544.5997 or email [rachelle@genesistreeoflife.com](mailto:rachelle@genesistreeoflife.com)

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