

Laughing Yoga!

Laughing Yoga has become so popular around the world. Laughing has been proved to boost your Immune System and greatly increase your level of Contentment! Norman Cousins was the first to show that laughter could help cure his diseased body!



Join Lalita Cohen in a wonderful yoga class, that includes a fun, cathartic laughing session immediately following Deep Relaxation.

Sundays, 11:00am-12:30pm

January 19, 2020

February 26, 2020

\$18.00

or included in Monthly Plan