

CHASING HAPPINESS: WHAT IS LAUGHTER YOGA?



Join certified Laughter Yoga Leader & Rebel Librarian, Tracey Firestone for a discussion of happiness as a choice and the growing Laughter Yoga movement.

- **The Single Program** includes a 20 minute discussion of recent Happiness research, and a 40 minute Laughter Yoga session.
- **The 5-Session Series** has a varied combination of discussion and Laughter Yoga activities in the 60 minute class. Series can be scheduled to reach a wider audience or to support ongoing participation.

Let's raise a merry racket !

Winter 2012 Special

Single Program (60 min) for \$125

5-Session Series (60 min) for \$525

*Suitable for
staff development workshops
and public events*

**Call or email with questions
and to schedule a program:**

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