

# 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 Session** includes a 20 minute discussion of recent Happiness research, and a 40 minute Laughter Yoga session.

**Let's raise a merry racket !**

**Winter 2012 Special  
Single Session (60 min) for \$125**

**Available in New York  
April 12 - April 25**

***Suitable for  
staff development workshops  
and public events***

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

**510-566-0381**

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**[www.rebellibrarian.com](http://www.rebellibrarian.com)**