

Christine Smith, CLY Leader & Trainer. Weekly LY sessions include interactive laughter exercises focused on moving our bodies, using our imagination and activating both hemispheres of our brain and most of all, having fun! We are a small and very welcoming group! Most of us live in the U.S., but we sometimes folks from other countries join us. No registration needed. I hope you'll join us.

I love sharing the joy of Laughter in person and on zoom! I started the 30 minute weekly zoom Laughter Yoga during the pandemic and can't imagine not doing it. We all have so much fun while we reap all the physical, mental and emotional benefits of laughing!

Email: info@LightenUpAndFlourish.com. I lead LY for groups of 5 or more, on request. The sessions can be in person or on zoom.

Website: <https://www.lightenupandflourish.com/>

Wednesday's 7:30-8PM, Eastern Time

Zoom link:

<https://us02web.zoom.us/j/74023175825?pwd=RWxsUG5WL2RyanZoS3E5dXJBS1FUdz09#success>