

- My name is Neeta Merchant and I am a Certified Laughter Yoga Teacher trained by Dr. Madan Kataria in September 2022. I have been a Leader since 2020. Since my certification as Leader, I am teaching at a couple of Wellness Centers in Orange County - Lake Forest center and Orange. Professionally, I am also a certified Holistic Nutrition Consultant and a Wellness Coach. My main focus lies in mental health and cancer healing. I am very interested in starting a Laughter Yoga Club for children as the research shows a very high rise in suicides among the youth which breaks my heart.
- Website: www.neetamerchantwellness.com
- Email - neetamerchantwellness@gmail.com
- CLYL training will be on Zoom

Please contact me for more information on my CLYL trainings.

My Laughter Yoga Club via Zoom: Thursdays at 9:00 AM PST.

Zoom link

- <https://us02web.zoom.us/j/82049662340?pwd=T0tKejRteFV1NVBwaG5WNEQrSjA4dz09>