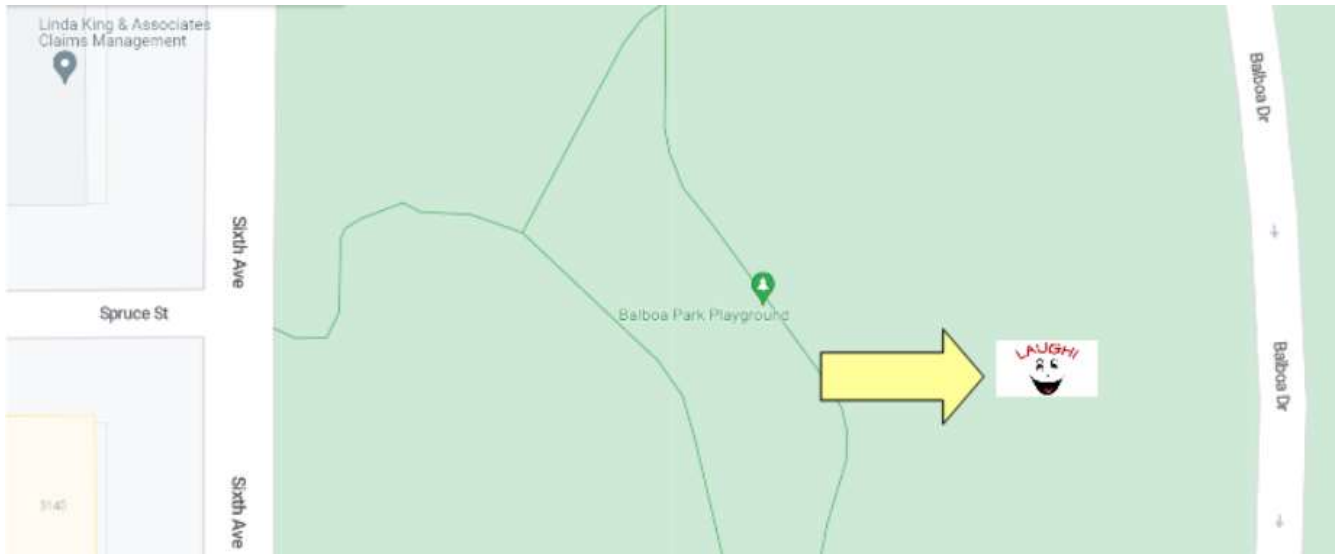


Time: 9:30A.M Saturdays (rain or shine!)

Location: south of Balboa Park Playground, located in San Diego, CA.

This is a live in-person gathering for laughter yoga. Everyone is welcome and the event is free. We meet every Saturday 9:30 A.M. We are located just south of Balboa Park Playground. Look for our Laughter Yoga sign. Best parking is along Balboa Drive.



WHAT WILL WE DO? We practice "Laughter Yoga." We start with gentle stretching, then engage in simple playful exercises that elicit genuine laughter without the need for jokes or comedy. We do a lot of breathing in between exercises which brings more oxygen to our body and brains. We end with a "laughter free-for-all" where everyone is invited to laugh, make whatever noises they want, or just lie quietly. Each group ends with a period of relaxation. It is a practice called "Laughter Yoga."

NO YOGA MAT OR SPECIAL CLOTHING REQUIRED. The group is done standing but you can bring a chair if you prefer to sit during all or any part of the group.

EVERYONE IS WELCOME. People of ALL ages and abilities laugh with us.

WE STILL MEET IF IT RAINS. If it rains, we meet under the overhang by the Bridge Club building. It's just a little further south of our normal spot.

<https://www.meetup.com/laughter-exercise-san-diego/>