

Join Vaish, Certified Laughter Yoga Leader, as she guides you through a journey of joyful laughter and playful exercises. Do you feel like you haven't laughed like a carefree kid in ages? Do you miss the simple joy of being playful? Welcome to Yellow World Laughter Yoga, where we believe that laughter is the best medicine for the soul!

Thursday's, 7:30-8:00AM

Link to join:

<https://us06web.zoom.us/j/78853179116?pwd=8jw2CDWb5cWRaHW0lxr3KJkn20jSI.1>

**What to Expect:**

Engage in laughter exercises that release stress and boost your mood. Connect with like-minded individuals seeking happiness and well-being. Rediscover your inner child and embrace the power of playfulness. Cultivate a positive and supportive community that uplifts your spirits. Let's laugh, play, and embrace the childlike wonder within us. Let's Spread Laughter, Together We Believe in the Power of Laughter **Together, we can create a world filled with laughter, one joyful session at a time.**

Our group is all about creating a positive and supportive community where we can come together to laugh, grow, and explore. Let's embrace laughter and enjoy the benefits it brings to our lives!