

Join Teresa Corrigan, R.N., M.A., Certified Laughter Yoga Teacher and Laughter Ambassador for Laughter Yoga sponsored by UCSF, Osher Center for Integrative Medicine, [www.osher.ucsf.edu](http://www.osher.ucsf.edu) Go to Public Classes/Laughter Yoga. Also, see Zoom link at the end of this description. Hope to see you there!

Similar health benefits are obtained with spontaneous or intentional laughter! Our Laughter Yoga class offers many opportunities to laugh for “no reason” and receive some of these benefits which may:

- Increase blood flow and enhance breathing
- Boost uplifting endorphin levels which may help reduce pain
- Stimulate the immune, digestive and cardiac systems
- Help reduce stress
- Stretch and help relax tight muscles
- Deepen a sense of well-being
- Create a fun laughing community!

Laughter Yoga classes include: laughter and breathing exercises, clapping and lots of fun