

Ocean View Park 102 Ocean View Ave · Santa Cruz, CA

Fun, Hilarious, Friendly!

Outdoors, in the park, FREE!

Work your laughter muscles!!

Create more joy in your life!

Laughter Yoga is practicing laughing for no reason, laughing together in a group as a form of exercise. Even if your laughter is fake, you will reap the benefits (see following lists). Laughter is contagious so it may become real once you laugh and connect in fun ways with others!

Laughter exercises can boost oxygen intake, increase the flow of happy chemicals and elevate our levels of joy and well-being.

Increase your happiness quotient by repatterning your mind and body to release more serotonin dopamine, oxytocin and endorphins while you're laughing!

Please RSVP so we know to expect you! [megharlor@yahoo.com](mailto:megharlor@yahoo.com).

- What to bring

A willingness to play and laugh together! Wear comfortable clothing, this is exercise!

Bring water. No mat needed.

- Important to know:

Anyone can participate, even those in a wheelchair. Bring a mask for your comfort, if desired. Social distance is maintained.