

Alzheimer Society Laughter Yoga

Established 2013, this in person laughter club changed to a virtual platform at the beginning of Covid. The target group and adaptations are for those living with dementia and their support partners. Anyone is welcome to attend and there is no charge.

This weekly drop-in program offering laughter yoga is a unique exercise routine that combines unconditional laughter with yogic breathing (Pranayama). This failure-free program encourages everyone to laugh for no single reason. Intended for care partners, persons living with dementia, and the general public.

Laughter Yoga practices are easily learned and suitable for all ages and abilities. People living with dementia and their care partners can benefit from the practice of Laughter Yoga and its concepts. Participating together is recommended. Laughter yoga is a new idea-simple and profound physical exercise routine which eliminates stress, stimulates energy throughout the body and creates a sense of peace and wellbeing.

Register with the link below for dates and times. Times listed are Eastern Time, U.S. and Canada.

NOTE : By registering for this program, you understand that it is a physical activity and should your health need attention you will take the necessary steps for your safety.

Registration: https://us06web.zoom.us/meeting/register/tZMsf-ipqjwsGtYlhYJmQaL_ISpgYuS95x9V

Address : Haldimand County, Ontario, Canada

Email for questions: cumingsusan@gmail.com