

ONLINE--MondayFunday Laughter Yoga

12:00 – 12:45pm

Weekly on Monday

I invite you all to take a midday break and start each week off with my free, fun, laughter-filled session of Laughter Yoga. My name is Jill Naomi-Russell and I am a Registered Nurse, Certified Emergency Nurse and Certified Laughter Yoga Leader who is dedicated to spreading the joy and health benefits of Laughter Yoga to our world-wide community.

The Zoom URL is:

<https://us02web.zoom.us/j/82474956633?pwd=Zmt0aWJVMlhvY0R5MEJudWFMWjZWdz09>

Or people can sign-in by using Meeting ID: 824 7495 6633

Password: laugh