

VIRTUAL WORKSHOP

Laughter Yoga

With Jay Devore



Dates: Wednesday, September 7

Time: 12:00 – 1:00 pm

Location: Online (Zoom)

Cost: No Cost

RSVP: www.cancersupportvvsb.org
programs@cancersupportvvsb.org
or calling 805.379.4777

If the weight of the world, has you down, join us for a boost of Laughter and Connection! Based on the premise that laughter can be generated with simple, guided techniques, it evolves into genuine laughter that leaves you radiating positive energy. Think of it less as a yoga class, more of an “childlike play and movement” class. Laughter Yoga may help you feel happier and more optimistic, develop a positive mental attitude, improve coping skills, relieve stress and feel lighter, increase oxygen to the brain and body, relaxing muscles and increasing energy, boost your immune system, bond with others, connect with your inner child and release inhibitions. You’ll get out what you put into it so invite a friend, bring your open mind, and join us! In this one-hour live event, we will infuse our well-being with introductory discussion, light-hearted skits, and a closing meditation and discussion. While Laughter Yoga is performed within your own capability, it is highly recommended that you seek your physician’s approval before participating.

ABOUT OUR PRESENTER: Jay DeVorre is a dynamic and professional Mental Health Coach and Facilitator. With passions for her family, fitness, and nature, her approach to life is lighthearted and filled with joy and meaning. Her life mission is to manifest her potential and to help others to do the same.