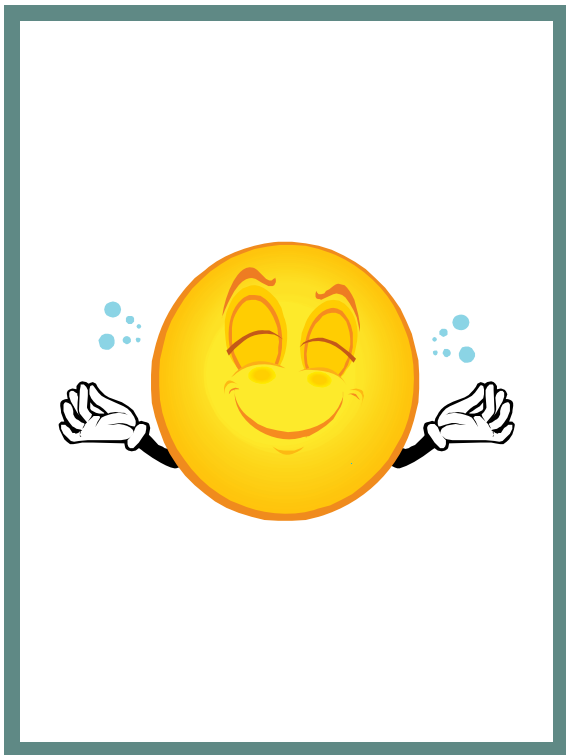


# LAUGHTER YOGA

Laughter Yoga is a combination of laughter exercise with yoga breathing which brings more oxygen to the body and brain making one feel more energetic and healthy. Laughter comes straight from the heart as pure joy. As one leading personality claims “exercise is for the body, meditation is for the mind, Laughter Yoga is for both. It is a gym for the soul!”



Scripps Mercy Well Being Center

237 Church Avenue  
Chula Vista, CA 91910

**2<sup>nd</sup> Friday of Each Month**

**Time: 5:30 - 6:30 PM**

**Offered in English and Spanish**

Sponsored by the San Diego Laughter Club  
(*Club de la Risa San Diego*)

This Program is FREE

For more information, please call  
**619-862-6600**



 Scripps Mercy Hospital  
Chula Vista