

sun&moon yogastudio

breathe. stretch. relax. repeat.

laughter yoga



laughter exercises for fun and stress relief with faith halter

Anybody need a good laugh?

- Laughter feels great and does wonderful things for our body and spirit.
- Laughter yoga is an interactive series of breath, sound and movement exercises that mimic how we laugh.

It's fun, easy, and accessible!

- You can do it even if you don't feel happy.
- You will get many of the physical and emotional benefits of laughter, regardless of whether you end up genuinely laughing – but don't be surprised if you do!
- Suitable for all levels, including folks who are new to yoga – spouses and partners, friends, pre-teens are all welcome -- the only prerequisite is willingness to join in!

Saturday August 1 1:00 to 3:00 pm \$25 Arlington

Visit our website at sunandmoonstudio.com for more information about classes, workshops and events

If you are not pre-registered for a workshop, please call the studio prior to dropping in to confirm availability and check for cancellations. If you are pre-registered and the workshop is cancelled, you will receive notification by telephone.

Workshop: _____ Teacher: _____

Name: _____ Phone: _____ Email: _____

New address (if we already have your current mailing address, no need to complete this line):

Visa/MC/Disc/Card#: _____ Expires: ____/____ Signature: _____

Make checks to Sun&Moon Yoga Studio. Mail with form to 3811 Lee Hwy, Arlington, VA 22207

Office Use: Cash Reg. CC Proc. Reg. Book

Circle: V/MC/Disc/CA/CK# _____ GC\$ _____ Database by _____