



**You're invited to a new series of quarterly virtual reunions presented by our clever classmates. Here is our kickoff event:**

## **CLASS ZOOM MINI-REUNION**

**SATURDAY  
FEBRUARY 13, 2020  
12 o'clock noon (EST)**

**LAUGHTER YOGA**  
**with**  
**MEG HERZ HARLOR**  
(Certified Laughter Yoga Leader)

Laughter Yoga is a group activity that promotes well-being through laughter and yogic breathing. It was started in 1995 by Madan Kataria, a medical physician, and his wife Madhuri Kataria, a yoga teacher. Dr. Kataria knew laughing was healing but no one was making it a part of their yoga practice. So this husband and wife team started with 5 people in a park, and had 60 people by the end of the week. Now there are thousands of laughter groups in more than 120 countries all over the world.

This yoga practice is a powerful experience that leads to a feeling of release and joyfulness that can last for days. It has many health benefits, like increasing oxygen supply, boosting our immune system and energizing/recharging metabolism, to name a few. And it can be done sitting, standing or lying down.

Laughter Yoga is the only technique that allows adults to achieve sustained hearty laughter without involving cognitive thought. It bypasses the intellectual systems that normally act as a brake on natural laughter. Because our body doesn't know the difference between genuine and simulated laughter we will fake it until we catch it!

In our mini-reunion session we will do gentle warmups, a series of short laughter exercises interspersed with breathing exercises and finish with a laughter meditation.

☪ Projected Duration: 1½ hours ☪

RSVP: [reunion@mhc65.com](mailto:reunion@mhc65.com)  
**to RECEIVE YOUR ZOOM INVITATION**  
**These will be sent out in the week prior to the event**