

## Laugh- a Yoga® at



170 W. Main Street, Saxonburg, PA 16056  
724-352-9454 [www.yomaroom.com](http://www.yomaroom.com)  
[yomaroom@aol.com](mailto:yomaroom@aol.com)

*Laugh- a Yoga®* is an ancient new idea for reconnecting us to our true self. Through a yogic laughter session, Yoga nidra (guided deep relaxation), pranayama (yogic breathing practices) and laughing meditation we can reach a profound level of peace, joy and relaxation.

Laughing for no reason and playing laughter games will release endorphins and T-cells to immediately increase energy, immunity, creativity and confidence. It is believed that laughing can help alleviate depression and may help the grieving process by releasing deep seated emotions. Discover why prolonged intentional laughter is being recognized by the medical world as a therapeutic method for a healthy lifestyle.

*Laugh- a Yoga®* or laughing yoga is from Hasya yoga found in ancient Sanskrit. Laughing yoga is an easy yoga, not a traditional yoga with hard poses, but laughing and playing games that everyone can do regardless of age or ability.

Bring a Yoga mat or blanket. You may want to bring a small pillow for under your head or knees.

Jeanne McLAUGHLin, (LAUGH is in the name) is a certified Laugh-a Yoga teacher who trained with Bharata Wingham at Yogaville, Buckingham, VA. She teaches *Laugh-a Yoga®* at nursing homes and at The Yoma Room Wellness Center in Saxonburg, PA. Jeanne is also a Feng Shui Practitioner, Certified Building Biology and Environmental Consultant who focuses on creating healthy spaces and since laughing is healthy it is vital for a healthy environment. She is on the Board of Directors of the Feng Shui Institute International and The International Institute for Bau-biologie and Ecology.

## Laugh- a Yoga® at



170 W. Main Street, Saxonburg, PA 16056  
724-352-9454 [www.yomaroom.com](http://www.yomaroom.com)  
[yomaroom@aol.com](mailto:yomaroom@aol.com)

*Laugh- a Yoga®* is an ancient new idea for reconnecting us to our true self. Through a yogic laughter session, Yoga nidra (guided deep relaxation), pranayama (yogic breathing practices) and laughing meditation we can reach a profound level of peace, joy and relaxation.

Laughing for no reason and playing laughter games will release endorphins and T-cells to immediately increase energy, immunity, creativity and confidence. It is believed that laughing can help alleviate depression and may help the grieving process by releasing deep seated emotions. Discover why prolonged intentional laughter is being recognized by the medical world as a therapeutic method for a healthy lifestyle.

*Laugh- a Yoga®* or laughing yoga is from Hasya yoga found in ancient Sanskrit. Laughing yoga is an easy yoga, not a traditional yoga with hard poses, but laughing and playing games that everyone can do regardless of age or ability.

Bring a Yoga mat or blanket. You may want to bring a small pillow for under your head or knees.

Jeanne McLAUGHLin, (LAUGH is in the name) is a certified Laugh-a Yoga teacher who trained with Bharata Wingham at Yogaville, Buckingham, VA. She teaches *Laugh-a Yoga®* at nursing homes and at The Yoma Room Wellness Center in Saxonburg, PA. Jeanne is also a Feng Shui Practitioner, Certified Building Biology and Environmental Consultant who focuses on creating healthy spaces and since laughing is healthy it is vital for a healthy environment. She is on the Board of Directors of the Feng Shui Institute International and The International Institute for Bau-biologie and Ecology.

## Laugh- a Yoga® at



170 W. Main Street, Saxonburg, PA 16056  
724-352-9454 [www.yomaroom.com](http://www.yomaroom.com)  
[yomaroom@aol.com](mailto:yomaroom@aol.com)

*Laugh- a Yoga®* is an ancient new idea for reconnecting us to our true self. Through a yogic laughter session, Yoga nidra (guided deep relaxation), pranayama (yogic breathing practices) and laughing meditation we can reach a profound level of peace, joy and relaxation.

Laughing for no reason and playing laughter games will release endorphins and T-cells to immediately increase energy, immunity, creativity and confidence. It is believed that laughing can help alleviate depression and may help the grieving process by releasing deep seated emotions. Discover why prolonged intentional laughter is being recognized by the medical world as a therapeutic method for a healthy lifestyle.

*Laugh- a Yoga®* or laughing yoga is from Hasya yoga found in ancient Sanskrit. Laughing yoga is an easy yoga, not a traditional yoga with hard poses, but laughing and playing games that everyone can do regardless of age or ability.

Bring a Yoga mat or blanket. You may want to bring a small pillow for under your head or knees.

Jeanne McLAUGHLin, (LAUGH is in the name) is a certified Laugh-a Yoga teacher who trained with Bharata Wingham at Yogaville, Buckingham, VA. She teaches *Laugh-a Yoga®* at nursing homes and at The Yoma Room Wellness Center in Saxonburg, PA. Jeanne is also a Feng Shui Practitioner, Certified Building Biology and Environmental Consultant who focuses on creating healthy spaces and since laughing is healthy it is vital for a healthy environment. She is on the Board of Directors of the Feng Shui Institute International and The International Institute for Bau-biologie and Ecology.

## Become a *Laugh-a Yoga*® Leader

In the spirit of laughter, become a certified *Laugh-a Yoga*® Leader to lead Laughter Yoga Sessions at Yoga Studios, Health Clubs, Nursing Homes, and Cancer Support Groups. Learn how to use laughter as a form of social medicine spreading social health to the world. Bring knowledge of the medical benefits and contemporary research on helping to alleviate anxiety and depressions, anti-aging, and stress to your students.

You will be trained to lead laughing games, Yoga nidra (guided deep giggle relaxation), pranayama (yoga breathing practices) and laughing meditation. You will receive a certification and a CD filled with talks, articles and a TV segment on the benefits of laughter.

Need a yoga mat or blanket. You may want a small pillow for under your head or knees.

Jeanne McLAUGHLin, LAUGH is in the name, is a certified *Laugh-a Yoga*® Teacher, who trained with Bharata Wingham at Yogaville, Buckingham, VA. She teaches *Laugh-aYoga*® at nursing homes and at The Yoma Room Wellness Center in Saxonburg, PA. Jeanne is also a Feng Shui Practitioner, Certified Building Biology and Environmental Consultant who focuses on creating healthy spaces and since laughing is healthy it is vital for a healthy environment. She is on the Board of Directors of the Feng Shui Institute International and The International Institute for Bau-biologie and Ecology.

Jeanne is a Certified Feng Shui Practitioner and a Certified Building Biology and Environmental Consultant who focuses on creating healthy building and laughing is healthy. She is on the Board of Directors of the Feng Shui Institute International and The International Institute for Bau-biologie and Ecology.



170 W. Main Street, Saxonburg, PA 16056  
724-352-9454 [www.yomaroom.com](http://www.yomaroom.com)  
[yomaroom@aol.com](mailto:yomaroom@aol.com)

## Become a *Laugh-a Yoga*® Leader

In the spirit of laughter, become a certified *Laugh-a Yoga*® Leader to lead Laughter Yoga Sessions at Yoga Studios, Health Clubs, Nursing Homes, and Cancer Support Groups. Learn how to use laughter as a form of social medicine spreading social health to the world. Bring knowledge of the medical benefits and contemporary research on helping to alleviate anxiety and depressions, anti-aging, and stress to your students.

You will be trained to lead laughing games, Yoga nidra (guided deep giggle relaxation), pranayama (yoga breathing practices) and laughing meditation. You will receive a certification and a CD filled with talks, articles and a TV segment on the benefits of laughter.

Need a yoga mat or blanket. You may want a small pillow for under your head or knees.

Jeanne McLAUGHLin, LAUGH is in the name, is a certified *Laugh-a Yoga*® Teacher, who trained with Bharata Wingham at Yogaville, Buckingham, VA. She teaches *Laugh-aYoga*® at nursing homes and at The Yoma Room Wellness Center in Saxonburg, PA. Jeanne is also a Feng Shui Practitioner, Certified Building Biology and Environmental Consultant who focuses on creating healthy spaces and since laughing is healthy it is vital for a healthy environment. She is on the Board of Directors of the Feng Shui Institute International and The International Institute for Bau-biologie and Ecology.

Jeanne is a Certified Feng Shui Practitioner and a Certified Building Biology and Environmental Consultant who focuses on creating healthy building and laughing is healthy. She is on the Board of Directors of the Feng Shui Institute International and The International Institute for Bau-biologie and Ecology.



170 W. Main Street, Saxonburg, PA 16056  
724-352-9454 [www.yomaroom.com](http://www.yomaroom.com)  
[yomaroom@aol.com](mailto:yomaroom@aol.com)

## Become a *Laugh-a Yoga*® Leader

In the spirit of laughter, become a certified *Laugh-a Yoga*® Leader to lead Laughter Yoga Sessions at Yoga Studios, Health Clubs, Nursing Homes, and Cancer Support Groups. Learn how to use laughter as a form of social medicine spreading social health to the world. Bring knowledge of the medical benefits and contemporary research on helping to alleviate anxiety and depressions, anti-aging, and stress to your students.

You will be trained to lead laughing games, Yoga nidra (guided deep giggle relaxation), pranayama (yoga breathing practices) and laughing meditation. You will receive a certification and a CD filled with talks, articles and a TV segment on the benefits of laughter.

Need a yoga mat or blanket. You may want a small pillow for under your head or knees.

Jeanne McLAUGHLin, LAUGH is in the name, is a certified *Laugh-a Yoga*® Teacher, who trained with Bharata Wingham at Yogaville, Buckingham, VA. She teaches *Laugh-aYoga*® at nursing homes and at The Yoma Room Wellness Center in Saxonburg, PA. Jeanne is also a Feng Shui Practitioner, Certified Building Biology and Environmental Consultant who focuses on creating healthy spaces and since laughing is healthy it is vital for a healthy environment. She is on the Board of Directors of the Feng Shui Institute International and The International Institute for Bau-biologie and Ecology.

Jeanne is a Certified Feng Shui Practitioner and a Certified Building Biology and Environmental Consultant who focuses on creating healthy building and laughing is healthy. She is on the Board of Directors of the Feng Shui Institute International and The International Institute for Bau-biologie and Ecology.



170 W. Main Street, Saxonburg, PA 16056  
724-352-9454 [www.yomaroom.com](http://www.yomaroom.com)  
[yomaroom@aol.com](mailto:yomaroom@aol.com)