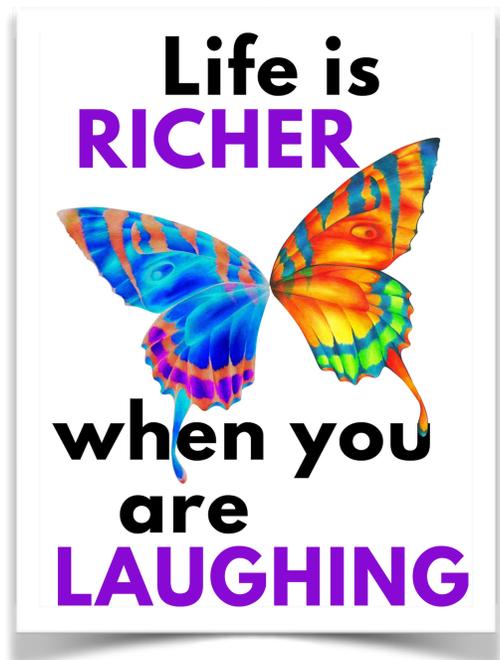


Laughter Yoga

with
Simeon Darwick
on
Saturday, March 30, 2019
2:00-5:00PM

Exchange: Early bird register by 3/24 - \$35,
or \$40 from 3/25 to 3/30



Laughter is one of the most normal and accepted ways in which humans embrace life: it is how we share love, express joy, cope with stress, and live in the present moment. Laughter Yoga is a unique stress-management approach to physical, mental, emotional, and spiritual wellbeing. It began in 1995 in Mumbai India, by a family physician named, Dr. Madan Kataria. Since its inception, it has spread to over 70 countries in more than 7000 laughter clubs worldwide. It is based on the idea that we don't need comedy, humor, or jokes to laugh- it is simply a choice. The mind and body cannot tell the difference between real or exercised laughter, therefore, we get the same biochemical and physiological benefits. When Laughter Yoga is practiced in groups, people report experiencing radiant health, as well as deep and joyful connection with oneself and others.

"Joy isn't merely incidental to our spiritual quest, it is vital" (The Rebbe)

In this playshop will delve into the power of laughter as enlightenment tool (lighten up tool) to deal with everyday stresses, embrace our choice to be joyful in all areas of life, and to live in the present moment without needing to learn anything new or complicated. Anyone who would like to add more laughter into their life



Simeon Darwick has been teaching Laughter Yoga since 2007 both nationally and internationally. His holistic education stems from Omega Institute and Naropa university. He studied Laughter yoga, Kundalini yoga, and at the Nosara Yoga Institute. His eclectic style inspires joy and health in others to shine through.



Sacred Spirit Yoga and Healing Arts Center
At South Presbyterian Church
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