



invites all researchers to a specialty Yoga Class:

Laughter Yoga



LAUGHTER YOGA COMBINES *LAUGHTER* EXERCISES WITH *relaxing* YOGA BREATHING TECHNIQUES TO RELIEVE *STRESS*, ENHANCE YOUR *MOOD*, AND IMPROVE YOUR *HEALTH*.

Laura Malloy
Certified Laughter Yoga Teacher
MGH Benson Henry Mind Body Institute

Laughter Yoga decreases stress hormone levels, increases levels of anti-viral and anti-infection cells, and provides an excellent cardio and mid-body workout. No previous yoga experience is necessary.

**Friday, July 31, 3:00 - 4:00 p.m.
THIER Conference Room, 1st floor**

**There is no charge to attend this class, but you must register.
No walk-ins, please.**

To sign up: email orcd@partners.org.



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