



invites all researchers to a specialty Yoga Class:

Laughter Yoga for Researchers



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 - November 13 - 12:00 - 1:00 p.m.
Simches 3.120

There is no charge to attend this class, but you must register by Tuesday, November 10. No walk-ins, please.

To sign up: email orcd@partners.org.



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