

LAUGHTER YOGA

Laughter Yoga is a combination of laughter exercise with yoga breathing which brings more oxygen to the body and brain making one feel more energetic and healthy. Laughter comes straight from the heart as pure joy. As one leading personality claims “exercise is for the body, meditation is for the mind, Laughter Yoga is for both. It is a gym for the soul!”



Scripps Mercy Well Being Center

237 Church Avenue
Chula Vista, CA 91910

4th Friday of Each Month

Time: 5:30 - 6:30 PM

Offered in English and Spanish

Sponsored by the San Diego Laughter Club
(*Club de la Risa San Diego*)

This Program is FREE

For more information, please call
619-862-6600

