

Denver Laughs

WHAT

Denver Laughs is a diverse group of people who meet weekly or more for the shared experience of simply laughing/playing/being together in a group, practicing Laughter Yoga at various locations in the Denver metro area!



HOW

Laughter yoga is a gentle, physically-oriented technique that includes deep breathing, simple stretching, laughter exercises, and ends with deep, fulfilling relaxation. There are no jokes or comedy, but rather stimulated laughter exercises which gradually become authentic and spontaneous. You don't need to have a sense of humor, or even have a reason to laugh - in fact, you don't even need to be happy to laugh! Laughter is a tremendously efficient way to unwind the negative effects of stress; it has also been medically proven to enhance immune system function ; it releases feel-good hormones; it dumps depression and anxiety; it helps control high blood pressure, and it produces a sense of well-being and focus. Laughter Clubs are non-political, non-religious, non-exploitative, non-competitive, non-perfectionistic, non-threatening! It can be adapted to the physical needs of the participants. .

Everyone is welcome, and it is FREE!!!!!!!

WHERE

Several Laughter Clubs meet at various times in the Denver area, check www.denverlaughs.com for the latest updates in Laughter Club locations and times:

Denver Laughter Club meets at Noon on Mondays at the First Unitarian Church, 1400 Lafayette, Contact Meredith Vaughn at: mere@denverlaughs.com

Laugh with Me at PHC meets on Tuesdays at 6:00 p.m. at the Progressive Health Center, 701 E. Hampden Suite 225, Contact Joanne Wambeke jwambeke@yahoo.com

Laughter Club at Ballet Ariel meets on Wednesdays at 11:15 a.m. At Ballet Ariel, 75 S. Cherokee St. Contact Katie Brogren balancingforcesyoga@yahoo.com

Laughter Club at Miss Protheros Book Store meets at 4:30 p.m. Thursdays at 1112 N. Sante Fe Drive Contact Diana Copsey dianacopsey2007@juno.com

WHO

The Laughter Yoga movement was started in India in 1995 by Dr. Madan Kataria, a family physician who wanted to benefit from the overwhelming scientific evidence he had just discovered: Laughter is the best medicine! Visit www.laughteryoga.org for more information. Laughter Yoga is a worldwide grass-roots movement counting over 5000 laughter clubs to date, with 250,000 known members on 5 continents. Certified Laughter Yoga Leaders lead the Laughter Clubs, and training is available locally. Contact mere@denverlaughs.com