



**LIVINGSTON
NEW JERSEY**

SENIOR, YOUTH & LEISURE SERVICES

Live Life Laughing Start the year laughing!

Winter 2019 Session

**Tuesday, Jan. 8—Tuesday, Feb. 12
7—8 pm**

**Senior/Community Center
204 Hillside Avenue**

**Fees: Senior Residents \$20.70
Non-residents \$33.60
(Senior rate 62+)**

**Adult Residents \$41.40
Non-residents \$54.00**

Some Benefits of Laughter Yoga

- Reduces stress and increases joyfulness
- Increased Oxygen and blood flow
- Boosts Self-confidence and focus
- Strengthens connections with others
- Releases Endorphins and reduces pain
- Improves energy & mood & outlook
- Melts away negative feelings

Laughter Yoga was created by Dr. Madan Kataria a Medical Doctor in India and his wife, a yoga teacher in 1995. And is now in over 100 countries and continues with rapid expansion. There is much medical research documenting the myriad of health benefits both physical and mental, Hahaha!

“You can discover more about a person in an hour of play than in a year of conversation” ~ Plato



Facilitator

Joan Castellano, certified Laughter Coach, works with people to bring more laughter into their lives. She is a certified Laughter Yoga Leader (CLYL) and Teacher (CLYT). She is CPR certified, insured and has a Master’s in Higher Education Administration from Columbia University, Teachers College. She is currently employed at ACAP, a mental health training center and graduate school in Livingston NJ.

Joan has facilitated Laughter Yoga at Bloomfield College, Hudson County Community College, Livingston Senior Youth and Leisure Center, The Old Guard Senior Group, Brookdale Senior Living, Family Connections for 180 mental health professionals, Mindfulness Workshops, & various women’s groups in Essex County. She has co-facilitated at Jersey City Medical Center and Sloan Kettering.

**Pre-registration required in person or online at livingstonnj.org/syls
Please call 973-535-7925, option 8 or email lbranquinho@livingstonnj.org**