

Laughter Yoga Resources

Laugh
&
be happy



Resources:

<http://lyinstitute.org/about-laughter-yoga/>

<https://laughteryoga.org/>

<https://www.active.com/health/articles/20-laughter-yoga-exercises?page=1>

Videos:

<https://youtu.be/OObV5DTf3Uc>

<https://youtu.be/Fq4kTZuLops>

<https://youtu.be/4p4dZOafivk05>

Resources provided by Lynn Lizarraga



THE MYOSITIS ASSOCIATION