

Laughter by the Falls

LUNCHTIME LAUGHTER CLUB

LAUGHTER YOGA

has come to Idaho Falls!

TUESDAYS at NOON

LOCATIONS:



ON THE GREENBELT
(SW corner of Memorial Drive
and E Street)



OR: cold weather site:
Unitarian Universalist Church
555 E Street
lower level yoga room



FREE! OPEN TO ALL!

(NO previous yoga experience or ability needed!)

For more information, contact
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www.LaughingAnne.com

Come experience the joy of
Laughter Yoga in Idaho's first
Laughter Club!

Laughter exercises, yoga breathing
techniques, and playful FUN!

Scientifically proven benefits of laughter:

- ~ improves your health
- ~ boosts your immunity,
- ~ relieves pain & alleviates depression
- ~ enhances your creativity
- ~ brings mental clarity,
- ~ energizes your body,
- ~ generally makes you feel fantastic!

Give it a try and find out for yourself!