

We Come in Peace with Laughter in Our Pockets, Joy on Our Faces and Love in Our Hearts

with Sarah Routman of Laugh Healthy



Laughter knows no boundaries, dissipates stress and anger and is the great equalizer. Laughter by its very nature builds connection and trust. No joke. We are not talking about humor that is subjective and can be offensive. Together, we are going to explore the magic of purposeful playful laughter - that is so powerful it can reduce inhibition, build bridges and bring people together in ways that nothing else can. In 30 short minutes, Sarah Routman of *Laugh Healthy* will have you laughing like you never laughed before. She'll tickle your funny bone and give your abs and your cheek bones a serious workout. You'll be amazed to feel pent up stress literally begin to melt away as you forge connections with strangers over a willingness to simply support each other in laughter. Don't take Sarah's word for it. Try it for yourself. You'll wonder what took you so long to

discover the secrets of intentional laughter. You'll want to share it with everyone – friends and strangers alike. The tips and tools you'll learn will not only make you feel amazing but can be carried with you into all aspects of your life. There's nothing like a contagious, shared laugh to lighten the mood and lay the groundwork for deeper explorations into the things that unite us in positive ways. This interactive experience will plant joy on your face and love in your heart. You will carry laughter and all it has to offer in your pockets, planting seeds of peace and hope far and wide.

Please note: *This is a come-as-you-are event, on Zoom. No yoga mat, special clothes, special positions or previous experience is required*