

YOU THINK THESE CARTOONS MAKE YOU LAUGH?

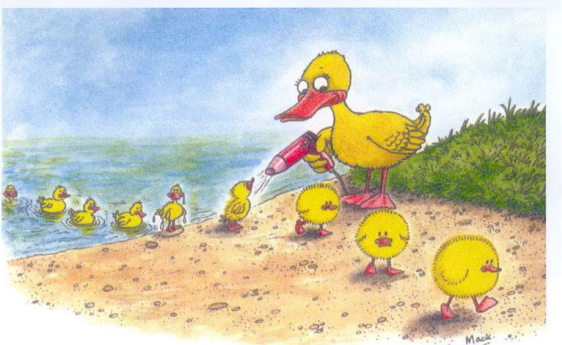
Wait Until You Attend Laughter Yoga Presentation at
Georgetown!

Jane Grafton, MBA is a freelance trainer, management coach, meditation leader and comedy actress who currently directs the John Main Center for Meditation and



Interreligious Dialogue at Georgetown. She began her career in the British Army retiring as a Major. She owns a People Development business in Singapore, has worked all over the world, completed the London Marathon twice, practices chi kung daily and has played the lead in a number of British comedies. She is a true Renaissance woman!

Laughter Yoga is a revolutionary idea – simple and profound. An exercise routine, it is fast sweeping the world and is a complete wellbeing workout. It is the brainchild of Dr. Madan Kataria, an Indian physician from Mumbai who started the first laughter club in a park on 13th March 1995. Today, it has become a worldwide phenomenon with more than 6000 social laughter clubs in 60 countries.



real and contagious laughter.

Laughter
Yoga
combines



unconditional laughter with yogic breathing (Pranayama). Anyone can laugh for no reason, without relying on humor, jokes or comedy. Laughter is simulated as a body exercise in a group but with eye contact and childlike playfulness, it soon turns into

When: 12-1pm: Wed, June 10, 2009
Where: Leavey Program Room, Leavey Center

The presentation is free and requires no reservation. All GU Faculty, Staff and Students are welcome. If you have any other questions or concerns, please contact **Sue 7-3599** or **Sandy 7-2409**.

Wellness Programs
Faculty and Staff Assistance Program, Department of Human Resources