

CHASING HAPPINESS: WHAT IS LAUGHTER YOGA?



Join certified Laughter Yoga Leader & Rebel Librarian, Tracey Firestone for a discussion of happiness as a choice and the growing Laughter Yoga movement.

The program has two parts, a 20-45 minute discussion and a 20-45 Laughter Yoga session.

Let's raise a merry racket!

**Now booking Long Island dates
October 17—22**

Program fees start at \$100

*Originally conceived as a
teen program, this can be
adjusted to suit any audience!*

**Call or email to schedule a
program:**

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