

FREE Class: Laughter Yoga & Meditation

**“Smiles, laughter and meditation are
privileges of human life.”
Sri Sri Ravi Shankar**

Join us as we explore the unique opportunity for present moment awareness through laughter and meditation. Classes begin with simple instructions, flowing into laughter exercises followed by meditation. The laughter exercises warm-up the mind-body and help generate mind-quieting. Shifting our focus after the laughing exercises to meditation facilitates a gentle deepening of mindful awareness.

**Please wear comfortable clothing.
No need to bring a mat.**

**MONTHLY
WEDNESDAYS
5:30 PM – 6:30 PM
5th Floor**



2017 Dates:

February 15	March 29
April 26	May 24
June 28	

* More Classes may be added

Instructors:

•Teresa Corrigan, R.N., M.A.,
B.C.B., C.L.Y.T., B.C.-N.C

•Rachel Lanzerotti, MSW,
eRYT500, IAYT-Certified Yoga
Therapist

**FREE. Drop-in. 5:30 PM.
No registration necessary.**

UCSF Osher Center for Integrative Medicine

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