

# PRESS RELEASE (SOUTHERN CALIFORNIA)

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## *FOR IMMEDIATE RELEASE*

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### **11th Annual World Laughter Day Celebration will take place in Santa Monica on Sunday May 3<sup>rd</sup>, 2009**

Celebrate World Laughter Day with members of the Los Angeles Laughter Clubs community on Sunday, May 3<sup>rd</sup> at 11am at Ocean Park Beach, 2600 Barnard Way, Santa Monica, CA 90405. This is a free event! All are welcome. No previous experience, level of fitness or specific form of clothing is necessary. We'll be closest to lifeguard station 26. Come with a smile and expect to laugh a lot for no reason. Info: (626) 755-5999

"World Laughter Day" was created in 1998 by Dr Madan Kataria, founder of the worldwide Laughter Yoga movement. The celebration of World Laughter Day is a positive manifestation for world peace and is intended to build up a global consciousness of brotherhood and friendship through laughter. Its popularity has grown exponentially with that of the Laughter Yoga movement (now counting over 8000 Laughter Clubs worldwide).

In such a gloomy economic climate we need to laugh and lighten up more than ever. Laughter is a positive and powerful emotion that has all the ingredients required for individuals to change themselves and to change the world in a peaceful and positive way.

Laughter Yoga is a simple, structured and playful new exercise concept of simulated laughter combined with gentle breathing techniques based on sound scientific principles and a truth that all children know: laughter makes you feel better. It is non-political, non-religious, and non-competitive. There are no contortions, no fancy movement, no need for any particular items of clothing or equipment. Anybody can do it. Its primary objectives are to strengthen the immune system and boost "happy chemistry".

For more information about Laughter Yoga in Los Angeles, please visit [www.laughangeles.com](http://www.laughangeles.com); or contact the American School Of Laughter Yoga at (626) 755-5999. There are currently 8 Laughter Clubs in the Los Angeles area that hold weekly meetings where all are welcome to attend, and over 400 more nationwide. Please visit <http://www.laughangeles.com/club-list.php> for details.

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