



# LAUGHTER YOGA!

## A benefit for HOPE-HOWSE

...an all volunteer organization

**Sunday, October 4th**

5–7pm • \$10 per person

with

**Patrick Murphy Welage**

Celebrated International Certified Laughter Yoga Teacher\*

### Yoga Moves

825 Early St Santa Fe, NM 87505

(505) 989-1072

\* Laughter Yoga is a fun-filled participatory and experiential teaching that includes movement, light stretching, breathing exercises, and laughter exercises—all leading up to a laughter yoga meditation, where participants laugh uncontrollably for 15 minutes or longer! Participants are asked to wear comfortable clothing, and they are asked to be present for the entire experience—please, no latecomers or early departees! Come for the full, fun, and fantastic experience of Laughter!

Patrick Murphy Welage trained with Dr. Madan Kataria of Mumbai, India, the founder of the international Laughter Yoga movement. Welage has over 40 years experience working in Social Justice, Peace and Justice, and Service Learning programs. He has facilitated Laughter Yoga in the U. S., Ireland, Italy, Thailand, India, Ghana, Zambia, South Africa, and Australia. As a teacher of Theology and Philosophy he has used Laughter Yoga in his classes as a way to build community.



HOPE-HOWSE  
*a spiritual action*

For information  
about HOPE-HOWSE  
contact Jane Davis  
505-983-6677  
[www.hope-howse.org](http://www.hope-howse.org)