

HOLY SPIRIT RETREAT CENTER | 4316 LANAI RD., ENCINO, CA 91436

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# LAUGHTER YOGA

**Presenter: Lala Rukh Khan, Wellness Consultant and  
Movement Educator**



**Bring harmony to mind, body and spirit with Laughter Yoga! With gentle yoga movements, these healing sessions are offered to those who desire to feel happier, healthier and whole. Laughter leads to deep integration of emotions and desires.**

**Lala's style is loving and encouraging. She brings years of experience in the teaching of laughing yoga, reiki, hypnotherapy and other modalities. (Bring a yoga mat or blanket)**

**WEDNESDAYS, APRIL 2, 9, 16, 23, 30, MAY 7**

**3:30 PM—4:30 PM**

**\$15 PER SESSION (PAYABLE 3 DAYS BEFORE SESSION)**

## REGISTRATION FORM

**(LAUGHTER YOGA/ DATE: \_\_\_\_\_)**

NAME : \_\_\_\_\_

ADDRESS: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ TEL. : \_\_\_\_\_

\$ \_\_\_\_\_ NON-REFUNDABLE DEPOSIT ENCLOSED      \$ \_\_\_\_\_ ADDITIONAL DONATION

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_