

FOR IMMEDIATE RELEASE:

CONTACT:

Robin O'Neal Kissel

Laugh & Dream

(513) 659-3356

[laughndream@gmail.com](mailto:laughndream@gmail.com)

<http://laughndream.wordpress.com/>

## **Economy and Daily News Got You Down? Lighten Up With Laughter**

Cincinnati, Ohio March 23, 2009 - With the unpredictable US economy and onslaught of bad news, it's easy to get gloomy, but there is a way to turn that frown upside down. It's called Laughter Yoga - a fun, new form of exercise sweeping the world.

Laughter Yoga, originally developed by Indian medical doctor, Madra Kataria, in 1995, now has over 6000 active clubs in more than 60 countries. The saying, "Laughter is the best medicine" is absolutely true. Besides increasing oxygen to body and brain, laughter has been scientifically proven to decrease stress, release mood-enhancing hormones, boost the immune system, and increase circulation. One minute of hearty laughter is equal to 10 minutes of rowing or jogging.

What is required to participate? Nothing, other than the ability to laugh. You don't need a sense of humor or extra flexibility. The body gets the same benefits whether the laugh is fake or genuine. Typically, however, people find if they fake it, the body knows how to make it, and by the end, laughter is for real.

Laughter Yoga is practiced in nursing homes, hospitals, corporations, school systems, yoga studios, online chat rooms, fitness centers, and more. And now it's coming to Glendale! Certified Laughter Yoga Leader, Robin O'Neal Kissel, will begin a FREE Laughter Yoga Club every Monday at 12:00 noon, starting May 4, 2009. These sessions will take place in the HWB Community Center Scout House on the corner of Sharon and Willow Roads and will last approximately 45 minutes. If you like, you can pack your lunch and stay to eat it after the session ends.

"It's called Laugh at Lunch," says Robin, "because these days we need to feed ourselves more than just food. Reality can be heavy - this is a great way to lighten up. I hope people will find they spend the rest of the day with a smile on their face."

For additional information on Laugh at Lunch, contact Robin OK at 659-3356 or email [laughndream@gmail.com](mailto:laughndream@gmail.com). Read her new blog at <http://laughndream.wordpress.com/>. Learn more about Laughter Yoga at [www.laughteryoga.org](http://www.laughteryoga.org).

Laugh & Dream is a new business giggling and dreaming its way into being. Stay tuned.  
-END-