

All Aboard the **Laughter Cruise!**



Join staff and members of the Laguna Laughter Club, Kathryn Burns and Jeffrey Briar (of the Laughter Yoga Institute) for the most fun- and laugh-filled vacation ever! Activities feature "Laughter Yoga" as developed by Dr. Madan Kataria.

November 6-9, 2009

On Carnival Cruise Lines – the FUN ships! Depart **Long Beach** Friday afternoon, spend Saturday ashore in Ensenada, **Mexico** Sunday is filled with fun events at sea; return Monday 8:00am

Shipboard activities included: 24-hour Fine Dining, Live Stage Show nightly, Dancing, Gym, Spa, Swimming Pools, Jacuzzis, Rock Climbing Wall, Basketball Courts, Duty-Free Shopping, Full Casino

Three nights, from only \$355pp.



Our Unique Laughter-Filled Events feature:

* **Grand Gibberish Reception and Talent Show** unbelievable fun and talent (formal attire/costumes requested; bring your camera) * **Welcoming Party** * **Laughter Club at Sea** (on the awe-inspiring Observation Deck) * **Film Festival** with movie moments free of language. Includes videos by the Laguna Laughter Club as seen on TV * **Stress-Free in 7 Seconds** Favorite laughter practices which send us –FAST!– to joyfulness & freedom from care * **Shore Excursion: Hilarity in Ensenada!** * **Laughing with the Stars** film clips of great movie scenes – dancing, laughing, etc. – followed by our "doing" laughter-versions of the same scene!

(949) 376-1939

www.LYinstitute.org

Reservations: **www.connectiontocruise.com**

