



Laughing Matters Xxxx xx, 20xx

The "Laughter and Fun Stuff" Newsletter from THE LAUGHTER YOGA INSTITUTE
and the Laguna Laughter Club

"It's never too late to have a happy childhood. Let's start right now!"

NOW: Laughter Yoga Classes offered **FREE!** by Irvine Valley College:
Mondays 9am, The new "Suzi Q" Community Center, 380 Forest Ave., LAGUNA BEACH;
Wednesdays, 9:15am, Rancho Senior Center, 3 Ethel Coplen Way, IRVINE. Register: (949) 451-5382

Saturday 2/14 Green Environmental Awareness Festival LAGUNA CANYON
11am-4pm Willowbrook. Jeffrey presents **Laughter Yoga for Peace**, 3:30pm. **FREE!**

"One of the glories of laughing is that when you're laughing you don't need to know what you're laughing about in the least. It's totally unimportant... irrelevant. And, in fact, if you are really laughing, you can't really think. It's impossible to think when you're really laughing. You just ARE... laughing." -Gangaji



Thursday X/XX VIDEO – Silent Movie! LAGUNA BEACH Guffaw at some of the greatest films of all time, made in the days before sound. No meal – just come over and enjoy the film. Tonight: **CHARLIE CHAPLIN** comedy extravaganza –tonight, we laugh! Screening begins promptly at 7:00pm.. **FREE!** Jeffrey, (949) 376-1939 JoyfulB@cox.net

Tuesday X/XX Whale Watching Cruise 10am-noon (immediately following Laughter Club session) from **DANA POINT Harbor \$14.50 (half price)!** Reservation/deposit required at (949) 496-5794; register online at www.danawharf.com. Carpooling/info: **Kathy xxx-xxxx**

Sat. X/XX Kayak Tour NEWPORT BEACH Laugh your way through Sheri's explanations of the flora, fauna and fish of this serene Bay, 10am- 12 noon. Meet: Newport Dunes Waterfront Marina, 92660. **\$15 Sheri: xxxxx@xxx.xx**



"Laughter is a gift from nature. It's good for us. It's free, easy to carry around and we can share it with anyone."
-Jeffrey Briar (quoted in The Orange County Register)

Saturday X/XX All-Birthdays Party LAKE FOREST, 6:30pm. Potluck, of course! **FREE!**

Saturday X/X Laguna Beach Street PARADE 10am-1pm promenade & laugh with us – lots o' fun. FREE! Kathy, Xxx Xxx-xxxx



> Note: Saturday **Laguna Laughter Club meeting time** now returns to **5:30pm**.

Sunday Xxx/X Laughter Club Goes To The Movies, IRVINE Woodbridge Village

Shopping Center.... **6pm dinner** then we'll laugh at the funniest **film** they are showing (**after 7pm**). Movie admission is **\$2**. Carpool from Laguna Canyon at 5:45pm. **Dave: (949) Xxx-xxxx**

Sat-Sun, XIX-X Certified Laughter Yoga Leader Training, City of ORANGE Sign up now – space is limited. **Fee. (949) 376-1939; JoyfulB@cox.net** .

"My laughter is a great bell blessing my life. My friendships are graced by humor & shared laughter. My spirituality is grounded in joy. Humor blesses my world." ~ Julia Cameron

Coming Up:

Xxx XX: Conference: Association for the Advancement of Therapeutic Humor. Discover "The Business of Laughter" in the company of major luminaries in the world of therapeutic laughter. **Las Vegas, Nevada.** Sign up now! <http://www.Xxx.xxx.xx>

May 3: World Laughter Day Several local celebrations. **FREE!**

Xxx X-Xx: Creativity & Play RETREAT "The Joy Workshop" returns to Harbin Hot Springs. *Space is limited, save the date, register soon!* <http://www.lyinstitute.org/events.htm>

Xxx X-Xx: Laughter Cruise to Mexico <http://www.lyinstitute.org/events.htm>



Every Month:

"Let's Go to the Movies" Night (every 1st Sunday) (\$2)

FREE! Video Night: Musicals!; Video Night: Silent Movies! (every 3rd Thursday); "Birthdays" Party (incredible, joyous fun – even though alcohol-free!); Laughter Yoga Introductory Seminars

Every Day:

FREE! -> Laughter Club on the beach, every single day without fail- details below. *Yay!* <-

"When we see how funny we are, we see how dear we are." ~ Anne Wilson Schaefer

"**Laurel and Hardy Lookalike**" TV commercials from **Finland** (with Jeffrey as "Stan")



now online. Always good for some laughs, just search YouTube for "Laurel Briar"; or you can find them starting here: <http://www.youtube.com/watch?v=XXzWkbDiC6Y> **FREE!**

New Laughter in the Media (FREE!):

"**Angie's List**" magazine (begin p. 9, several quotes & photos): <http://tinyurl.com/b53rw6>