

# Joy



## In every moment

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” -*Thich Nhat Hanh*

Friday, April 6  
7:30 pm - 9:00 pm  
\$25 per person (\$30 at door)

Laughter Therapy, also referred to as Laughter Yoga, is practiced all over the world from parks to corporations. Experience physical, mental and social benefits by creating your own practice of laughing and habit of BEing joy filled. Laughter really is powerful medicine.

Attend this workshop and begin to experience the effects of laughter on health and to discover you really can lighten up those serious moments. You will also realize the freedom of laughter for the choice of it; needing nothing in your life to be different than it is now and needing nothing to make you laugh!

Presented by: Judith A. Cox, M.A., L.P.C., N.C.C. Judith has practiced yoga at UpDog since the studio opened. She specializes in developing social emotional intelligence capacities and bridging neuroscience with mindfulness skills. She teaches mindfulness practices to individuals, families and within corporations.

“We will explore many mindfulness pathways for joy & positive moods.” Judith



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