



# Laughter Yoga Club

2nd Thursday of the month  
**Sept. 14, Oct. 12, Nov. 9, Dec. 14**  
**@ 7:00 - 8:00 pm**

Join Laughter Yoga leaders, Chris Filippini and Kim Knoll  
each month for an evening of fun exercise.

Laughter Yoga combines laughter exercises with deep yogic breathing to gain the health benefits of laughing without having to rely on humor. In Laughter Yoga, we laugh intentionally to elevate our mood, reduce our stress, get more oxygen into our bodies and brains, boost our immunity and feel more socially connected. It's actually an aerobic workout! Please bring a bottle of water and a willingness to laugh on purpose.

*No yoga mats needed.* 😊

**Registration requested. Call 610-287-8360.**  
No fee required, donations to library accepted.

## **Perkiomen Valley Library at Schwenksville**

A branch of Montgomery County Norristown Public Library  
290 Second Street, Schwenksville, PA 19473  
610-287-8360      [www.pvlibrary.net](http://www.pvlibrary.net)