

# HASYA (LAUGHTER) YOGA

WITH REBECCA FOSTER, RYT200 & CLYT

*Eyes of the World, Providence, RI*

LAUGH, BREATHE AND BE MERRY!

Hasya means "laughter." Yoga means "union." Hasya Yoga moves us out of our anxious and judging minds and into a state of celebration and wonder. We breathe life into the body. We explore the edges of non-dualism in a lighthearted, playful way. We accept ourselves in all our glory and our messiness. We connect with one another via the universal language of laughter-- Ha Ha Ha! And as we do, we begin to break down the barriers that keep us separate and disconnected from our natural state of wholeness.



"WHAT YOU PRACTICE GETS STRONGER!"

Last Sunday of the Month at Eyes of the World

*January 31<sup>st</sup>, February 28<sup>th</sup>, March 28<sup>th</sup> & April 25<sup>th</sup>*

6:30-7:45 PM

HE HE HA HO! 10\$ (or offer what you can) TE HE HE HE!

more info at [www.thecenterofjoy.net](http://www.thecenterofjoy.net)