

## ☉ Meet PositiveLY Pat Conklin

PositiveLY Pat Conklin is a living example of the healing and transformative power of laughter. As such, she is an energetic, engaging, and earnest Laughter Yoga teacher, laughter life coach, and speaker—and the principal positivist and fundraiser of Laughter Yoga Orlando, a venture that provides mobile Laughter Yoga services to groups and individuals across Central Florida. With a rich background as both biology researcher and fitness professional, Pat is an active member of the Association for Applied and Therapeutic Humor ... and PositiveLY passionate about sharing the many benefits of laughter!

## ☉ Laughter Buzz from Pat's Clients ...

"So powerful! Physically and emotionally healing. It is impossible not to feel renewed at the end. Ha ha Ha!!"

"Was skeptical ... but ended up loving it completely!"

"It was so releasing and enlightening to 'let it all loose' and just laugh!"

"I will use Pat's techniques to jump start my joy!"

## LAUGHTER YOGA Orlando Central Florida's Laughter Specialist

Laughter Classes, Games, and Coaching \* Leader Trainings  
Business Services \* Motivational Speaking



Laugh.  
Play.  
Breathe.  
FEEL PositiveLY GREAT!

PositiveLY Pat Conklin  
407-616-5381  
LaughilyEverAfter@gmail.com  
www.LaughterYogaOrlando.com

## Laughter Yoga 101

### ☉ The "What"

Laughter Yoga is a fun, physical, laughter-on-demand technique for reaping the health benefits of laughter without depending on humor. A gentle form of aerobic exercise, it blends easy, playful "laughter exercises" with yoga-style breathing to improve mind/body wellbeing.

### ☉ The "Why" ( Benefits )

- \* The World's HAPPIest Workout: Improves breathing and exercises facial, thoracic, and abdominal muscles
- \* Stress Management: Decreases muscle tension and promotes healthy mind/body balance
- \* Healing: Increases pain tolerance and threshold
- \* Brain Power: Boosts creativity, memory, and alertness
- \* Relationships: Facilitates communication and bonding

### ☉ The "How" ( Applications )

- \* Fitness/Wellness
- \* Stress Management
- \* Workforce Engagement
- \* Work/Life Balance
- \* Education and Learning
- \* Keynotes and Icebreakers

### ☉ The "Who"

Come exercise your laughter muscles if you are interested in the benefits of laughter and want to enjoy ...

- ⇨ Being in a good mood ⇨ A positive attitude
- ⇨ Decreased physical, mental, and emotional stress
- ⇨ Improved interpersonal relationships ⇨ Being healthy

- \* Ages 12 to 112!
- \* Invite your family members, friends, and neighbors!

### ☉ The "Where"

- \* REDEEMER LUTHERAN CHURCH  
3377 Aloma Avenue, Winter Park, FL 32792
- \* CALL 407-671-4300 for more information.

### ☉ The "When"

- \* WEDNESDAYS at 11 AM and THURSDAYS at 7 PM, beginning Thursday, January 19, 2012.
- \* Classes are one hour in length.
- \* Suggested donation of \$10 per month for unlimited class attendance.

This program is made possible through funding from the Winter Park Health Foundation.