

"Kudos to Carolyn Shannon for developing an exercise program that everyone can do, 'Laugh yourself Healthier', as long as you can laugh. Believe me when I say that you can't help but laugh when you hear Carolyn giggling away and leading us with her 'Inner Child' (youthful energy that she brings to every class). Carolyn makes each class a safe place where we can laugh at ourselves and each other, while gently exercising our circulatory, lymph and muscular systems. Whatever age, from 7 years old to persons many years older, you can and will benefit from this enjoyable program." -- AnnaMarie, Niagara Falls

\*\*\*\*\*

"No matter how tired or down I feel before starting, I consistently feel energized after Carolyn's Laughter Sessions. It is difficult to be in a bad mood after a few minutes of 'laughter!'" -- Diane St. Catharines

\*\*\*\*\*

"Can 45 minutes a week improve your mood and outlook on life? Yes! if those minutes involve Laughter sessions with Carolyn Shannon! Her "Laugh Yourself Healthier" sessions are filled with laughter and joy providing me with a great opportunity to be silly and get out of my head. Each session relaxes me and helps me to see the world in a more positive way. Addictive - puts a smile on my face for the rest of the week!" -- Lyn, St. Catharines

\*\*\*\*\*

"My experience of this seated Laughter Yoga was an hour of fun, movement and laughter. It didn't feel like exercise, but when the class was over my body felt rejuvenated. I was surprised because I didn't feel I was working out. It is great fun and I highly recommend Carolyn and her wonderful class" -- Gail, St Catharines

\*\*\*\*\*

"I always sleep better after a Laughter Class." -- Wendy, St. Catharines

\*\*\*\*\*

"I felt silly at first. Now I am amazed at how much I love it!" -- Gloria, NOTL

\*\*\*\*\*

I enjoyed participating in Laugh yourself healthy this spring. It was a way to relax after working at my desk in the morning. It helped me to refocus away from work, relax tight muscles and feel calm. I enjoyed laughing and singing with other people. It was wonderful to be able to do it in my home. It was quick and easy to get ready for a session and I could modify the activities to suit me. I enjoyed the social interaction with others before and after the class. If you need a quick, easy, fun way to get some exercise and meditation all the same time, try Laughter Yoga with Carolyn Shannon. It is a great way to break up your workday. -- Julie, Beamsville

\*\*\*\*\*

It was several years ago that I first joined in a Laugh Yourself Healthy class. I'm so glad I did! I was at a low point in my life and needed something to perk me up

As I am a believer in the right teacher showing up at the right time, it was just the right thing when I ran into Carolyn at a fundraiser. I asked about her class and she said it was the next day just across the street. Well how could I ignore that piece of luck!?

The class turned out to be easy, lighthearted and very freeing. At first, I felt a little silly, but decided to put in 100% effort. As an instructor, Carolyn's warmth and friendliness shines through. She made me feel comfortable and welcome.

Driving home, I was amazed at how good I felt. It was like someone lifted a great burden off my shoulders. I breathe easier; I am more relaxed and even feel more confident. Now I notice when I miss a class. It's like vitamins for your soul. Bless you Carolyn for offering this marvelous, uplifting program. Laughter does that. -- Brenda, St. Catharines