



Laughing mothers produce breast milk that lowers allergic reaction in their babies.

-University of Maryland Medical Center

Average laughs per day, adult: 3
Average laughs per day, child: 100

No wonder people wish they could "feel like a kid again."

Anticipating humor raises beta-endorphins 27 percent and human growth hormone 87 percent.

-American Physiological Society

70% of toxins are eliminated through the breath.
Laughter liberates the breath.

Alicia Dattner graduated from Hampshire College with a degree in filmmaking and screenwriting. She subsequently studied for four years in an intensive Progressive Method Acting group with the Rob Reece Actor's Workshop.

In 2003, she had a weekly radio show on Pirate Cat Radio and hosted a weekly night of costumed karaoke at the Odeon Bar in San Francisco. In 2004, she started a circus called *The Latest Show on Earth* and toured the country. In 2006, she wrote the book, *Getting Shit Done*, a poignant and existential parody of David Allen's cut time-management book *Getting Things Done*.

Alicia has been performing standup comedy for over ten years, sharing the stage with many funny, talented comics. Her first solo show, *The Punchline* won "Best of the Fringe" and in 2008. Alicia's second solo comedy show, *Eat, Pray, Laugh!* has played to sold out audiences in San Francisco, London, and Bombay, winning a Goldstar "Roar of the Crowd" award in 2009.

Alicia studied four years of Progressive Method Acting and Diamond Heart Essence Work with teacher Rob Reece. She is a graduate of the Arete Experience, Authentic Woman Experience, Spirit of Life Institute, and the Sedona Method. Alicia is also a practitioner of Vipassana meditation, and other growth-oriented programs, all of which she avails in facilitation. In 2009, she graduated from the Authentic SF Transformational Leadership Training Course for life coaching and workshop facilitation. She is a certified laughter yoga leader.

Alicia Dattner
Making Light

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Deep Bliss
Laughter Yoga
with Alicia Dattner



"I dedicate my life to expressing The Grand Cosmic Joke: that pain exists for us to take ourselves less seriously, to laugh, and to experience the joy and wonder of an infinitely perfect universe." -Alicia Dattner

Participant Reviews

"I just wanted to drop you a note telling you how grateful I am for the Laughter Yoga that you lead. It's made a huge difference in my life already, and it's something I look forward to every week. No matter what is going on in the rest of my life I know I can look forward to just laughing in the park with all of you. It's a big deal to me. Thanks so much for holding the space and making it happen." -Brad

"I just went to my first laughter yoga class last night and I LOVED it! I haven't laughed that hard in too long, I left feel so rejuvenated and full of life! Alicia is wonderful, her calming aura and positive energy put my right at ease, I definitely recommend checking this out!" -Ali

"Alicia is a great facilitator; have fun while letting go of stress." -Sherri

"Alicia, is happy and charismatic, leading with infectious wonderfulness." -Michael



Laughter Yoga heals, rejuvenates, and enlivens, effortlessly.

When was the last time you laughed so hard you cried?

Are you too stressed and overwhelmed to even figure out how and when to de-stress?

What are you missing out on by letting fear stop you from really living?

Come experience what it's like to let go of whatever is in the way of your natural state of joy.

What is Laughter Yoga? It is a simply a practice of laughing for no reason. We do silly, playful exercises as we meet one another, encouraging laughter and mirth, without jokes or even words. Did you know laughter can raise the endorphins, reduces hunger cravings, and pumps oxygen to the brain and heart?

This class begins with yogic breathing exercises, deep meditation, and sometimes a few simple

yoga poses. And after that, it's pure, structured silliness. But not fake silliness. Come be however you are; you'll have the opportunity to express the full range of human emotion. We encourage laughter, tears and everything in between. Sessions range from 15 minutes to 2 hours.

Sample exercises:

- full-body savasana relaxation
- letting go and playing with laughter
- laughing and crying authenticity exercises
- laughing like kids, like hyenas, like the wind...
- group laughing meditation
- closed-eye sensory exploration and awakening
- kapalabhati yogic breathing
- ecstatic chanting