



WORLD LAUGHTER DAY 2011 OTTAWA

Mission: To bring good health, joy and world peace through laughter



“LAUGH UP A STORM” on **Parliament Hill**

Sunday, May 1, 2011, from 11am-12:30pm

Participants gather on the Parliament central esplanade, at the bottom of the stairs.

FREE PARKING

at World Exchange Plaza, 111 Albert St., Ottawa, K1P 1B1

Join thousands of people around the world.

The celebration of World Laughter Day is a positive manifestation for world peace and is intended to build up a global consciousness of brotherhood and friendship through laughter.

“World Laughter Day” was created in 1998 by Dr. Madan Kataria, founder of Laughter Yoga™. Laughter Yoga™ is a physically-oriented technique that uses a perfect blend of playful, empowering and otherwise “tention-releasing” laughter and breathing exercises.

The event will be led by Sophie Terrasse, Laughter Yoga Teacher and founder of the Ottawa Sunflower Laughter Club.

FREE ADMISSION!

www.sunflowerinstitute.ca

