

Mp3 Jen & Kate - The Laugh Of Your Life

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A unique CD that will have you laughing out loud. Energize your body, mind spirit with this FUN step-by-step solo laughter practice . . . 30 MP3 Songs in this album (71:52) ! Related styles: SPOKEN WORD: Instructional, SPOKEN WORD: Novelty Details: Create a habit you won't want to break! Does the idea of laughing alone without jokes or comedy seem awkward or impossible? Then youre in luck! The Laugh of Your Life offers a way to develop a solo laughter practice in the company of two enthusiastic laughter yoga teachers. While designed to guide a solo practice, this CD can easily be enjoyed with others as a playful group activity. Experience for yourself the amazing benefits of unconditional, hearty, and extended laughter! (No sense of humor or yoga experience necessary.) "If you begin a laughter practice, I assure you the quality of your life will change. I highly recommend this one-of-a-kind CD created by two of my favorite laughter yoga professionals." - Dr. Madan Kataria, founder of the International Laughter Yoga Movement This professionally recorded CD runs 72:08 minutes with multiple tracks for easy use to fit your laughter practice preferences. The CD contents include the history and context of laughter yoga, followed by a full laughter session accompanied by Jen Kate's own chuckles. The mini session offers the same breathing and laughter exercises without detailed explanations or a laugh-a-long style. A perfect way to get in your daily dose of laughter to bring more health and joy into your life! And because we like being friendly to the environment, the CD jacket is made with certified green components, recycled paper, and a 100 recycled plastic tray. Quantity discounts and wholesale prices are available directly from Practice Laughter at practicelaughteror@alohahaha.com. Buy 3 or more CDs, get 15 off. Buy 6 or more CDs, get 20 off. Buy 10 or more CDs, get 30 off. Buy 50+ and get 40 off retail price! If you have a retail store, please contact us directly for wholesale prices.

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