

Mp3 Laura Gentry - Laugh Your Way There

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Laugh Your Way There the only product of its kind contains a Laughter Yoga workout for people of all ages, featuring unique laughter exercises, yoga breathing, gibberish talking, happy chants, positive affirmations and more. 48 MP3 Songs in this album (22:05) ! Related styles: SPOKEN WORD: Novelty, KIDS/FAMILY: Sing-Along/Interactive Details: Say goodbye to stress on the road with this CD. Laughing Laura Gentry and the Fabulous Laughers keep the laughter rolling for commuters. This professionally recorded Laugh Yoga workout features unique laughter exercises, yoga breathing, gibberish talking, happy chants, positive affirmations and more. Each is explained by Laughing Laura and demonstrated by the laughers. This makes it easy to follow along and get a great workout just from laughing! Laugh Your Way There the only product of its kind delivers big fun! Laughter Yoga is a trademark of Dr. Madan Kataria. This CD contains a health-promoting routine of laughter and deep breathing. Please laugh responsibly. Laugh Your Way There was produced, written and directed by certified Laughter Yoga teacher, Laura Gentry. She is the producer of the film Laughter Friends: A Laughter Yoga Workout for Kids. In recognition for her creative contributions to world laughter, she has been named a Laughter Ambassador by Laughter Yoga International. Laughing Laura is also an artist, author and ordained minister in the Evangelical Lutheran Church in America. The sound engineering was done by Richard Bruxvoort Colligan. Editing and Mastering was done by Brett Huus at Soundstrations in LaCrosse, Wisconsin. The fabulous laughers on this program include: Richard, Sam and Trish Bruxvoort Colligan; Cooper, Jan and Kaydence De Woody; Lee Gritman; Gregory Higgins; Ben and Patti Lucas; Maureen Mayfield; Jennifer McGowann; Danny, Sally, Sammy, Thomas, and Timmy Pietz; Sandy Scaia; Sue Vittetoe; Marcie Watson; Jen Yuki. Laugh Your Way There was recorded in the basement of First Lutheran Church in Cedar Rapids, Iowa. Ha ha ha!

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