



Carmela Carlyle
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Laughter Yoga Class & Luxury Spa Day

You deserve a day of play.

Sunday, January 27, 2008
Class: 11:00 a.m. to 12:30 p.m.
and Spa Day until 5:00 p.m.
\$75

To Purchase Passes for this Spa Day
Call Sally Stone 707. 939. 2487

Complimentary for hotel guests.

Laughter Yoga has been proven to have profound benefits for your mental and physical health. Integrating deep breathing, yogic stretches, clapping and laughter exercises, it was created by a physician in India, Dr. Madan Kataria, and his yoga teacher wife, Madhuri.

Join us and see why thousands of people practice Laughter Yoga in 55 countries around the world, laughing their way to boosted immune systems, better circulation, glowing skin, decreased blood pressure and stress, enhanced endorphin and serotonin levels and healthier hearts. Liberated creativity and increased memory are also known side-effects. One minute of mirthful laughter is the cardiac equivalent of nine minutes on a rowing machine! Laughter Yoga has been featured on *Oprah*, *Dancing with the Stars*, *CNN* and *The Discovery Channel*. Now, you can enjoy it in a luxury spa setting right here in Sonoma County.

After Laughter Yoga Class, you are invited to join us for a restorative spa afternoon until 5:00 p.m. Workshop participants will have use of a locker, a fluffy robe, shower facility, the indoor signature European Style Bathing Ritual, outdoor thermal mineral pools and other spa amenities. You may enjoy lunch at The Big 3 Café or poolside from the spa menu.

THE *Fairmont*

SONOMA MISSION INN & SPA

100 Boyes Blvd., Boyes Hot Springs, CA 95476

For Individual Spa Services Reservations, please call (877) 289-7354

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