



# Depression and Bipolar Support Alliance *of San Diego*

**DBSA San Diego presents ...**

## **The Healing Power of Laughter**

**Michael Coleman**

**Certified Laughter Yoga Teacher**

Come learn about and experience **The Healing Power of Laughter** through Laughter Yoga. Laughter Yoga has many benefits including physical, emotional, and social. Some of the most immediate and powerful benefits are a decrease in anxiety and stress and an overall sense of well-being. Laughter Yoga is not physical yoga and *everyone* can do it! No yoga mat or special clothing is required. Laughter Yoga is a worldwide grass roots movement where people gather in a group and laugh without jokes or even a sense of humor by cultivating a childlike playfulness that results in genuine laughter. There are over 6000 Laughter Clubs worldwide including in the U.S. (ten Laughter Clubs meet weekly in San Diego County), Canada, Europe, India, South Africa, Australia, China, Japan, and the Middle East.

**When: Monday, 07 July 2008  
6:00pm – 8:00pm**

**Where: Garren Auditorium  
Biomedical Sciences Building  
Medical School Campus  
University of California, San Diego  
La Jolla, California**

**Michael Coleman** is a Certified Laughter Yoga Leader and Teacher, trained by Madan Kataria, M.D., the founder of Laughter Yoga. In addition to training people from all over the United States to be Laughter Yoga Leaders, Michael has led hundreds of laughter classes and currently leads weekly classes in many locations around San Diego. Some of the places at which Michael has presented laughter programs include Qualcomm, Law Offices, the Lions Club, University of San Diego, men's retreats, health fairs, community festivals and events, churches, yoga studios, senior residences and centers, and more.

In addition to being a Laughter Yoga Leader and Teacher, Michael received his Bachelors in Psychology from the University of Illinois and his law degree from the University of San Diego. Prior to becoming a licensed attorney, Michael worked as a mental health worker at Mesa Vista, Mercy and Grossmont Hospitals. As an attorney, Michael has advocated on behalf of persons diagnosed – and misdiagnosed – with depression, bipolar disorder and other serious mental illnesses. He was active in the mental health client advocacy movement in the late 1980s and 1990s and was involved in starting The Meeting Place, Clients and Others for Action, and other client-driven groups.

For more information on Michael, Laughter Yoga, and to view news stories about Michael and his Laughter Clubs that aired on ABC Channel 10 News, FOX Channel 6's *San Diego Living*, and Cox Cable Channel 4's *San Diego Insider* news magazine, visit <http://www.LaughingInSanDiego.com/>, phone him at 619.255.4622, or email him at <[Michael@LaughingInSanDiego.com](mailto:Michael@LaughingInSanDiego.com)>.

**There is *free parking* in the VA Hospital parking lot. Garren Auditorium is a short walk over the footbridge. Follow the signs for about one block. See the map on the reverse side of this sheet for detailed directions.**