Kathi Riley
I'm a senior year mature student. The 2 skills I would like to share are Laughter Yoga and Energy Medicine.

Laughter Yoga is a unique concept, where anyone can laugh for no reason, without the use of humor, jokes or comedy. We initiate laughter as an exercise in a group, but with childlike playfulness and eye contact, it soon turns into free flowing contagious laughter. We intersperse the bouts of laughter with yogic breaths and rhythmic clapping. This brings more oxygen and endorphins to the body and the brain which makes us feel more energetic, healthy and vibrant. This is based on the scientific fact that the body responds favorably to laughter no matter how it gets started!

Energy Medicine introduces you to easy ways to move your own energy with the results of overcoming headaches and tiredness. It is especially useful to students spending lots of time reading. The energy of the body becomes very still while reading and it is important to find ways to stimulate it to flow again. This brings balance to the left and right hemispheres of the brain.

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