

# Joyous Re-*zeal*-ience in Chaotic Times

The Psychoemotional, Somatic, and Communal Benefits of Laughter Yoga

## Join Jeffrey Wark, MA, LICSW, for a Vibrant Experiential Laughter Yoga Playshop

Laughter Yoga is a research-informed, spirit-grounded practice rooted in interpersonal neurobiology, embodied wellness, and cortisol reduction research. It has been proven to boost resilience, enhance emotional well-being, and strengthen social connection by lowering stress hormones, raising oxytocin levels, and inviting a renewed sense of joy and presence.

These sessions blend simple, accessible movement (no yoga poses or mats needed) with guided laughter and connection-focused exercises. Together, they help loosen the grip of chronic uncertainty, stress, disconnection, and that deep, persistent fatigue so many of us carry.

Engage in the power of playful, intentional laughter as a pathway to healing and renewal for yourself and those you support.

### Participants will leave with four key takeaways:

- A renewed sense of joy and connection to their inner spirit.
- Practical tools to restore playfulness and invite mirth into their daily lives.
- A deeper connection with their bodies, breath, and mental clarity.
- Greater capacity for authentic relationships and a stronger sense of belonging.

**Typical Time Frame:** 90 minutes include Laughter Yoga theory, experiential practice, and group reflection.



**"It was an absolute treat to participate in your Laughter Yoga workshop! I found it not only entertaining, but profoundly beneficial for my well-being and connection to others.**

**You quickly moved us from slight awkwardness to full, engaged laughter. Your dynamic style, clear instruction, and playful presence make it easy to let go and have fun. I look forward to the next one!"**

**Jay Gubrud**  
*Professional Speaker/Trainer*

**"Jeffrey combines deep insight into human behavior with a warm, playful spirit. His Laughter Yoga session is both uplifting and practical—perfect for anyone seeking more emotional balance and joy. Don't miss this opportunity."**

**Nicola Kapala**  
*Integrative Health Practitioner*

**Jeffrey Wark, MA, LICSW**, has been a certified Laughter Yoga Leader since 2012 and has led laughter sessions in New Mexico and Minnesota. He is the Founder/Organizer of the Integrative Healer's Consortium (a monthly learning exchange and networking space for all practitioners of the healing arts in the Minnesota Metro area from 2004 to 2015). He is also the Founder and Clinical Director of the Center for Integrated Well-Being, Inc. in Roseville, MN.

With over 34 years of experience as a holistic psychotherapist, educator, and consultant, he integrates mind-body practices to support sustainable thriving and authentic living. Jeffrey brings a unique blend of physical vitality, emotional intelligence, and therapeutic insight to his work.



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