

Who is Liza?

Liza became laughter yoga certified in the fall of 2014 and obtained her master's degree in public health in May 2015. She currently consults with an employee wellness organization in Raleigh, in addition to her HAHA duties.

Dedicated to spreading laughter and wellness among her community, Liza holds monthly laughter sessions at the Chapel Hill Public Library and contracts out her services to local businesses, organizations, church groups, senior centers, and individuals interested in improving their health and wellness.



HAHA Services

Group Sessions (30-60 min)

Master Classes

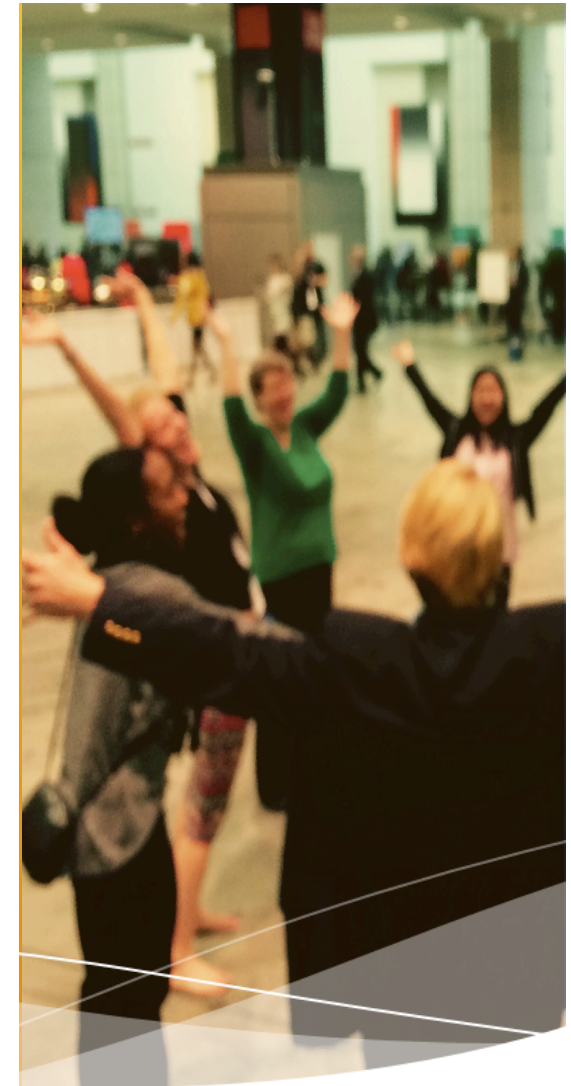
One-on-one Coaching

Presentations

Parties

**Contact Liza to determine
appropriate pricing.**

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Health and Happiness Align



What is laughter yoga?

Laughter yoga is laughing for no reason. Sessions typically last 30 minutes to 1 hour and include structured activities that incorporate laughter, breathing, and fun! By practicing laughter not conditional on humor or circumstance, participants learn how to laugh freely and laugh often.

HA
HA!



Top Ten Benefits of Laughter

- Strengthens the immune system
- Releases endorphins (the body's natural pain killers)
- Decreases stress and depression
- Stimulates right-brain, creative thinking
- Strengthens the heart and respiratory system
- Reduces symptoms of illness
- Improves digestion and bowel function
- Improves self-confidence and communication
- Increases oxygen supply to the body and brain
- Enhances social connection

What people are saying about HAHA:

“What a fun way to relieve stress! Liza's enthusiasm and laughter are contagious. The variety of games, breathing exercises, and life lessons she wove throughout her session made for a hilarious, happy, and harmonious HAHAfternoon!”

“Sunday's laughter hour was awesome! ... I can tell you that the session clearly provided me with some of the benefits listed: I certainly felt the workout of my ab muscles, I felt like I was bathed in those happy hormones, [and] I have slept like a baby each night since Sunday.”