

Gurukul



Holistic Center

A Science Of Living Institution

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Haasya-Yoga! (Laughter Yoga)

From Grumpy To Smiley!



Haasya means laughter in Sanskrut! Laughter is still the best medicine! Learn to laugh, breathe and move the body to help cleanse the body, mind and soul! This is a seriously funny activity! Bring your grumpy faces and friends with you! Haasya-Yoga will transform you very positively for sure!

(We incorporate Haasya-Yoga in all our Yoga classes)

Please call/email for Haasya-Yoga Workshops/Parties for groups.

Billions Yet To Be Served and made to Laugh!