

**May 20, 2017 - Presentation by Lisa Bouta CLYT**

**Laughter Yoga: What it is and why you should be doing it.**

Lisa will tell us what we get out of Laughter and lead us in laughter yoga exercises.

Presenter Biography

Lisa Bouta is a catalyst for healing the planet. She works with women who are shifting their careers and want more meaningful work to create a successful life of fun, freedom, love and laughter. Her unique blend of expertise in facilitation, attraction marketing, coaching, opportunity-creation, and well-being make her an extraordinary support for living one's life to the fullest.

Coffee with Lisa is a life changing event when she asks, "What do you need?" Her ability at connection and support cause love and laughter to flow into one's life in all areas including Relationships, Health, Cash Flow and Peace of Mind. Laughing with Lisa shifts one's core energetic systems and causes healing, joy, and goal achievement.

Lisa is a certified Excellence Coach, certified Laughter Yoga Teacher & Leader, and Minister of the UniversalLifeChurch. She loves to travel and lives on the edge of woods in Bloomington, Minnesota with her husband, Rob and happy dog, Roxy.

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