

Peace For You Uses Laughter to De-Stress People in Tucson

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Tucson, Arizona based company, Peace For You, has announced that their Laughter Yoga Sessions are helping to heal the community one group at a time. The owner and operator, Jim Twomey, is known for helping his clients battle anxiety and depression with the natural gift of laughter. He runs customized programs, seen here at https://www.facebook.com/Peaceforyouguaranteed, both in person, and online, which include the ancient art of Yoga, breathing, and laughter to create a sacred and happy space where people feel open and content, rather than stressed-out and nervous. A session was done for Pima Community College. Amy Davis, Coordinator of Advising, said this: "It was just a great way to bring our team together, and connect, relax, and de-stress." Session have also been done for United Way, Pima Community College, Catalina Foothills School District, Emeritus, The Forum, Villa Hermosa, Casa Community Services, American Lung Association, The Abbie School and more. Jim said a session typically involves an introduction, warm-up exercises, laughter exercises, deep breathing, a deep relaxation and more.

Jim believes that the results of the program speak for themselves, and offers a look at just what to expect in a number of online video demos, video testimonials, photos, and more found at http://peaceforyouguaranteed.com/groups His dedication to helping others and the pride that he feels in the

company is easily reflected through the customers which Peace For You have helped so far. The reviews, which are visible online, are glowing, with one satisfied client, Kip Young, saying: "We had a group of about 20 seniors get together today in the gym and it was wonderful I didn't think so many of them would participate!"

Benefits of this type of laughter therapy, as reported by the company, include relaxation, calmness, happiness, relief from depression and stress, more internal joy, renewed energy, and even improved health. Jim Twomey has also stated that some of his clients have been able to go so far as to stop taking medications and unnatural forms of anxiety management after completing his program. He believes that in as few as 8 weeks, anybody can advance from a stage of fear, stress, and rigidity, into one of happiness, calm, and relaxation.

The company offers laughter coaching, group and corporate sessions, depression relief, anxiety relief, and other services through http://peaceforyouguaranteed.com/ Here interested groups and individuals can read more about Peace For You and the programs which they offer. It also offers a description of laughter yoga as a practice, and how it came to be, explaining that Dr. Madan Kataria, a medical doctor from Mumbai discovered laughter as a cure for many stress related issues ten years ago during research.

The laughter created through the therapy acts to release hormones and natural internal chemicals which in turn are said to help alter moods and create a more stable internal environment. Jim Twomey invites those who are new to Peace For You to follow them on their social media account at Facebook.com, and to contact him through the communication information available on the company website for more information on laughter therapy and what it can do to help.

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For more information about Peace For you, contact the company here:Peace For youJim Twomey520-363-1603peaceforyou@mail.com4713 N. 1st Ave.Tucson, Arizona 85704

Peace For you

I help individuals and groups experience happiness, health and peace. Depression, anxiety and stress are relieved. Laughter, breathing exercises, meditation and more are used.

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