

Tucson Residents Use Laughter Yoga To Find Happiness

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People in Tucson, Arizona, are turning to Peace For You in order to laugh themselves to happiness.

As can be seen on his website at http://peaceforyouguaranteed.com/, Jim Twomey offers laughter yoga sessions to help people relieve anxiety, pain and stress. The sessions have been very positively reviewed by attendants and Peace For You continues to help people find their inner peace.

"It is a joy for me to laugh with people and help them feel happy, healthy and peaceful," says Jim Twomey.

Jim Twomey is now also offering his services to groups. He guarantees that these groups will benefit from laughter yoga, or they will receive the service completely free of charge. Indeed, those who have used the group service so far have reviewed it very positively. "It was just a great way to bring our team together, and connect, relax, and de-stress," says Amy Davis, Coordinator of Advising at Pima Community College. Dan Peterson, Vice President at CareMore stated that "we had Jim stop by our office for some Laughter Yoga and stress relief. It was a great event. The employees loved it."

As can be seen on the website for group services on http://peaceforyouguaranteed.com/groups/, laughter yoga is a technique developed by Dr. Kataria, who understood the various health benefits of laughter yoga. Besides offering so many benefits, it is also a very easy activity to take part in. There are no complicated techniques, there is no need to wear special clothing and there is no need to learn complicated postures. Anyone can join in these sessions and the benefits can be experienced in as little as half an hour.

Peace For You is very active on Facebook and they encourage anyone to give them a like on their Facebook page at https://www.facebook.com/Peaceforyouguaranteed. They regularly share information and videos on how the process of laughter yoga works and how individuals and groups in Tucson, AZ can benefit from the services.

Jim Twomey fully believes in the saying, "Laughter is the best medicine." It is a vision he wants to share with the world.

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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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