

Feedback from the New Jersey Eastern Pennsylvania-
Therapeutic Recreation Association
2019 Conference, Princeton, NJ, November 19, 2019
**Stress Reduction, Resilience & Well-Being through Laughter
Yoga Exercises**

“So much fun and learned a lot!”

“Excellent and lots of fun!”

“I loved this presentation and being able to do so many different activities.
I wish the room was bigger.”



“Thanks so much!”

“Ha ha ha!”

“Very fun,
energetic,
informative and
a powerful
presentation!”



“Thanks for
sharing healthy
natural ways to
improve your life
with just a
laugh.”

“Thanks for changing and touching the world with your joy.”

“Please have this presenter back! Excellent and energetic!”