



Health and Fitness

Bay Area seniors participate in laughing yoga for good health

By [Dion Lim](#)

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SAN FRANCISCO (KGO) -- You may have heard of hot yoga, hip-hop yoga, even yoga with goats, but how about something a little... funnier? A class being offered to seniors is giving a whole new meaning to the to the term "laughter is the best medicine."

At the On Lok Lifeways senior center, instead of yoga mats and downward dogs, there are chairs and walkers during their monthly yoga class.

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UNCONTROLLABLE LAUGHTER 😂 at laughing yoga 🧘 class for seniors today! It's a whole new way for them to namaste 🙏❤️
4:55/6pm @abc7newsbayarea @OnLokInc

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