

LEIGH E. MEREDITH

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EDUCATION

Bachelor of Science (1992)
Guilford College, Greensboro, NC

LAUGHTER YOGA CERTIFICATIONS

Laughter Yoga Leader Certification, 2006, Satchidananda Ashram Buckingham, Virginia and Laughter Yoga International.

Laughter Yoga Teacher Certification, 2010, Laughter Yoga International, Chicago, Illinois.

2010 LAUGHTER YOGA PROFESSIONAL CALENDAR

2/11/10 - [Celebration of Love 2010 Conference](#), Lexington, VA. *Laughter Yoga as a Discipline of Self Mastery & Conscious Evolution.*

2/12/10 - *Love Yourself to Health* Fair, Region Ten, Laughter Yoga Session.

2/14/10 - Local Foods Potluck Private Party, Nelson County.

3/5/10 - First Fridays Class at ACAC Downtown.

3/12-14/10 - [Yogaville Laugh-a-Yoga Leader Certification](#).

3/20/10 - UVA Gamma Phi Beta Spring Retreat Team Building.

3/21/10 - Laughter Yoga Session with UVA Body/Mind Staff.

3/29/10 - Laughter Yoga on The Lawn, UVA Wellness Week.

4/10/10 - [Women and Girls' Wellness Month](#) *Decompress Your Stress* Workshop.

4/12-16/10 - Laughter Yoga Teacher Certification with Dr. Madan Kataria, Founder of Laughter Yoga, Chicago, Illinois.

4/22/10 - Virginia Dietary Managers Association, Spring Conference and Expo, Hampton, VA. Conference Kick-Off Session.

5/29/10 - Healing Jamboree, [Seven Oaks Conference Center](#), Madison, VA. *Heart-Healing Laughter.*

6/11/10 - [Women's Health Virginia Annual Conference](#), Charlottesville.

6/17/10 - Laughter Yoga Class, IM-REC/Aquatic & Fitness Center at UVA.

7/15/10 - Laughter Yoga Class, IM-REC/Aquatic & Fitness Center at UVA.

9/10/10 - National Multiple Sclerosis Society Yearly Camp, Smith Mountain Lake, VA

9/11/10 - Laughter Yoga Workshop, [Glenmore Yoga](#), Richmond, VA.

9/18/10 - Laughter Yoga Workshop, Glenmore Yoga, Richmond, Va.

9/24-26/10 - Laughter Yoga Leader Training with Leigh & Jon.

11/6/10 - "Just Rewards", Senior Center.

11/14/10 - Private Party, Richmond, Va.

12/19/10 - 4th Annual Laughter Yoga Holiday Celebration.

ONGOING LAUGHTER YOGA CLASSES

The Ageless Laughter Club, The Senior Center, Charlottesville, Sundays, 3 – 4 p.m.

LAUGHTER YOGA VOLUNTEER HISTORY

Ongoing - Albemarle-Charlottesville Regional Jail. Re-entry program classes.
11/2009, 2010 - *Just Rewards*, The Senior Center.
2008, 2009, 2010 - Satchidananda Ashram Yogaville Laughter Yoga Classes and Leader Trainings.
Fall 2009 - JABA Community Centers, Charlottesville and Surrounding.
Fall, 2009 - UVA IM-REC Sports Classes.
Fall, 2009 - UVA Student Sociology Project on Laughter Clubs.
Fall, 2008 - UVA Wellness First-Year Class, Laughter Yoga Session.
10/18/08 - The Chocolate Festival, Charlottesville, Laughing Hershey's Kisses.
9/2008, 2010 - National Multiple Sclerosis Society Yearly Retreat.
1/2008 – 7/2008 - Laughter Yoga Celebrations at Studio 206 - New Year's Eve, Valentine's, Bloomin' Spring, Rx Mother's Day, and "In Spite Of" Celebrations.
4/19/08 - VHSL Student Leaders Conference, Monticello High School.
2007 - Stars Group Homes for Mentally Ill Teens.