

Laugh and the Class Laughs with You

By Cathy Dausman



Instructor Jillian Standish (red sweater, center) shares one more laugh with her Laughter Yoga class. Photo Cathy Dausman

With its rhythmic “ho, ho, ha-ha,” you might have thought Santa was back in the building. It wasn’t Santa, but the Laughter Yoga class did elicit a room full of belly laughs when a small group gathered recently in Lafayette to learn more about this happy program.

Laughter yoga got its start in India during the 1990s when physician Madan Kataria discovered exposure to laughter benefitted participants in both body and soul. It didn’t matter that the first few rounds were “forced,” genuine laughter soon followed and the result was easier breathing, mood elevation and stress

reduction. “It’s a way of connecting people,” said yoga instructor Jillian Standish, as she faced her first class of eight.

Several participants also attend Drumming for Seniors; one of those participants requested this class.

After simple warm-ups, the group passed laughs ranging from polite cocktail party twitters to gorilla laughs, belly laughs, “hot” and “cold” laughter, and ants in the pants laughter from one to another. The result was infectious, spontaneous laughter.

Participant Marilyn Sherwin can’t wait to share this find with her neighbors at Orinda Senior Village. “You

can create laughter anytime,” Standish assured her class, saying those who laugh “are the happiest ... and healthiest ... people in the world.”

Laughter Yoga meets the second Monday of the month at Lamorinda Music, 81 Lafayette Circle, Lafayette; class fee in the form of a donation is optional.

For details, email laughter.yoga.seniors@gmail.com. To find out more about laughter yoga, visit <http://www.laughteryogausa.com/> and <http://www.laughteryoga.org/english>. Madan Kataria’s book, “Laugh For No Reason,” is available online.

The Sound of Writing

Youth Ink 2014 contest deadline is Feb. 18

By Laurie Snyder

“The word ‘listen’ contains the same letters as the word ‘silent.’” – Alfred Brendel

The incomparable Alfred Brendel gave fellow pianists and future authors a tremendous gift when he uttered those words – the reminder that silence can be more important than sound, and that great artistry most often comes not from nose-to-the-grindstone drudgery, but from a place of mindful stillness.

It’s also a lesson that Orinda’s

budding writers are currently learning as they engage in Youth Ink 2014. Sponsored by the Orinda Junior Women’s Club, the increasingly popular writing competition is open to all students who attend grades six to eight in Orinda, or live in the city. Winners will be eligible for cash and other prizes once again thanks to the Orinda Juniors and their co-sponsors – the Friends of the Orinda Library, Orinda Association, and Orinda Community Foundation. ... continued on page B3



Old Firehouse School
www.oldfirehouseschool.com

Announcing Open Houses

Lafayette Open Houses

February 10th
at 6:30 p.m.

Open Houses are for adults only

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Saint Mary’s College Museum of Art

New Exhibitions

Sunday, Feb. 2 - Sunday, April 13



February 2 - April 13, 2014

From Swords to Plowshares: Metal Trench Art from World War I



Between battles, and the behind lines, soldiers crafted pieces of art from artillery shells, bullets, aircraft parts, coins, and shrapnel, with improvised tools. The works on view, made by military members from virtually every country engaged in the conflict, tell tales of bravery, grief, fear, faith, hope, and patriotism in a time of destruction.

Songs of the Patriot: How Music Helped Win the Great War



Fifty original chromolithographed sheet music covers from noted composers including Irving Berlin and George M. Cohan, and patriotic posters with powerful appeal present a wide range of American wartime feelings at home and abroad.

Documentary DVDs, with still and moving film from the war, and interviews with WW1 veterans, plus re-mastered recordings of the music in the exhibition will periodically play in the galleries between February and April. Both exhibits are on loan from Hollingsworth Fine Arts in Florida.

Illuminating God’s Word Anew: the Saint John’s Bible Feb. 2 – April 6

The Saint John’s Bible was more than 12 years in the making and is the first of its kind in more than 500 years. On view is the complete Heritage Edition, one of only 299 full-sized, fine art editions of the original. Each one is unique, because the thousands of illustrations were hand-treated, many with 24 carat gold illumination. Written in the ecumenical New Revised Standard language, it is “in keeping with ancient tradition, yet with a contemporary and inclusive perspective,” according to Donald Jackson, Senior Scrivener to Queen Elizabeth, and the project’s artistic director in Wales.

Also on view: Paintings by William Keith and Photographs by Malcolm Lubliner.



Power Point Lecture: The War Within the War of 1914-1918 Adam Hochschild

Sunday, Feb. 2, 2 pm LeFevre Theatre, free admission

UC Berkeley Graduate School of Journalism professor Adam Hochschild is the former editor of Ramparts, and Mother Jones magazines and has written for the San Francisco Chronicle, The New Yorker, Harper’s, The Atlantic, and The New York Times. He is the author of seven books, including the award winning *King Leopold’s Ghost: a Story of Greed, Terror and Heroism in Colonial Africa*, and *Bury the Chains: Prophets and Rebels in the Fight to Free an Empire’s Slaves*. His newest book, *To End All Wars: A Story of Loyalty and Rebellion, 1914-1918*, is a narrative of the First World War.

A book-signing and reception will follow in the Theater foyer.

Public Hours: Wed – Sun, 11 am-4:30 pm. Museum Admission: Adults \$5; Members and K-12 graders Free; Parking Free; Group Tours Free Phone: 925-631-4379 Website: stmarys-ca.edu/museum