



TTouch for You® - Inspiring Self Care **“Live with Linda” January 23, 2024 - Class Chat**

12:40:50 From Marnie Reeder to Everyone: Ho'oponopono

12:46:08 From Sage Lewis to Everyone: I've heard that 4 year olds laugh 400 times a day and 40 year olds laugh 40 times per day. I'm going for 400.

12:46:30 From megan to Everyone: Reacted to "I've heard that 4 ye..." with 👍

12:49:34 From Teresa Cottarelli-Guenther to Everyone: Dr.Madan Kataria laughter yoga

13:00:32 From Sage Lewis to Everyone: Gotta run for today - love you lots! And I get to be with LTJ in AZ this weekend! :)

13:02:39 From Sage Lewis to Everyone: I can listen a bit with video off and then off to work....

13:09:13 From Harriet to Everyone: Thank you so very much for all the wonderful information and ideas.

13:20:04 From Angela Boocock to Everyone: Diane sends her love to you all as she is unable to be here tonight x