

Laughter Yoga

Find your inner joy with 'Merrie Maggie'

How many times
have you laughed
today?

Laughter makes
you **FEEL** good

Relieve stress by
allowing laughter to
embrace you

Revitalises through
deep Yogic
breathing



Laughter exercises combined with deep breathing helps to relieve stress, boosts the immune system and creates a feeling of wellbeing and joy.

Next session will take place on

Monday, 13 March 2017

From 7.00 pm to 8.00 pm

Please give donations to help cover room hire

At

Wordsley Green Community Centre

The Green

Wordsley

STOURBRIDGE

DY8 5BN

For more information contact Maggie on 07565 218567
or go to the website: www.merriemaggie.co.uk