Laughter Yoga

Find you 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.

The next session will take place on:

Wednesday, 28 March 2018

From 7.00 pm to 8.00 pm

Block 13, Room 13101 and 13102
Halesowen College, Whittingham Road
HALESOWEN, B63 3NA

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