

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

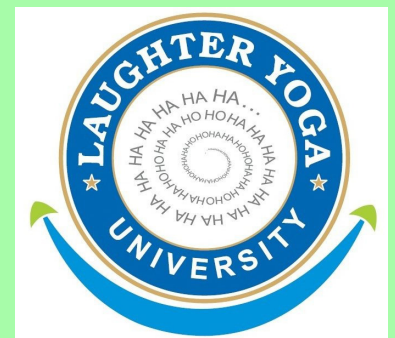
Laughter exercises combined with deep breathing helps to relieve stress, boosts the immune system and creates a feeling of wellbeing and joy.

The next session will take place on:

Monday, 9 April 2018

From 7.00 pm to 8.00 pm

Wordsley 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