Laughter Yoga with Merrie Maggie

"Merrie' Maggie Thompson delivers regular Laughter Clubs within Dudley Borough and beyond. She is a qualified Laughter Yoga Teacher with several years experience of delivery and was awarded Laughter Ambassador in 2017 by Dr Madan Kataria

Benefits of Laughter Yoga

How many times have you **LAUGHED** today?

Laughing makes you **FEEL** good

- Exercise your **internal** body as well as your **external** body through laughter exercises and deep breathing
- Improve **communicatio**n through laughter
- **Energise** and **revitalise** through deep (Yogic) breathing
- Laughter helps your body create Endorphins that **enhance** your immune system
- Relieve stress by allowing laughter to **embrace** you every day.
- Bring out the child in you through **playfulness**.

Merrie Maggie offers:

- **Laughter Yoga sessions to support groups** with long term medical conditions, older people, Retirement homes, Townswomen's Guilds, W.I's, Active Retirement groups, guides and scouts and many others.
- **Taster sessions** at conferences and events
- **Team building workshops**
- **1-day** Laughter Yoga Basic Learning workshops to individuals and groups
- **2-day Certified Laughter Yoga Leader Training** to individuals and groups.

For more information, contact Maggie on 07565 218567; email: maggiet1951@googlemail.com and see the website at

www.merriemaggie co.uk