

# 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:

Wednesday, 30 January 2019

From 7.00 pm to 8.00 pm

Hasbury Community Centre  
Wall Well  
HALESOWEN, B63 4SJ



For more information contact Maggie on 07565 218567 or go to the website: [www.merriemaggie.co.uk](http://www.merriemaggie.co.uk)