

# 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

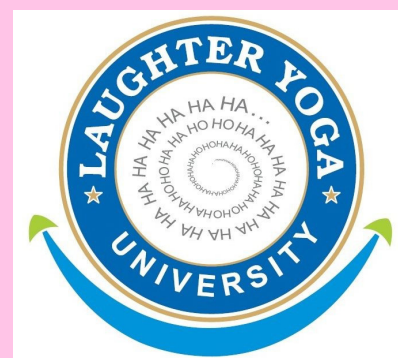
Laughter exercises combined with deep breathing helps to relieve stress, boosts the immune system and creates a feeling of wellbeing and joy.

This session will take place on:

Saturday, 16 February 2019

From 2.00 pm to 3.00 pm

Malvern Cube  
Albert Road North  
MALVERN, WR14 2YF



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