

Laughter Yoga

FREE to All

Laugh for your health, feel the difference in just one session. No jokes, comedy or even sense of humour required!

- Release Stress
- Enhance Energy Levels
- Improve Your Health
- Boost Your Immune System
- Enrich Relationships
- Have more Fun and Laughter in Your Life



Laughter exercises, yoga breathing and playful fun for health and well being. Come wearing comfortable clothes and shoes. Drop in any month.

WHEN:

1pm-2pm on the first Thursday of the month

2014 Dates: 10 Jan (Friday), 6 Feb, 6 Mar, 3 Apr, 1 May, 5 Jun, 3 Jul, August Holiday, 4 Sep, 2 Oct, 6 Nov, 4 Dec.

WHERE:

The Portland Centre, Mulberry Room, Hopeville Avenue,
St Peter's, Broadstairs, CT10 2TR (opposite Co-op)

Laughter Yoga Leader [Caroline Manning](#)

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Caroline is available as a speaker on "Laughter for Health and Wellbeing" and for ice breakers, workshops, group activities, wellness or team events in Corporate, Community, Hospital, School and Festival settings.