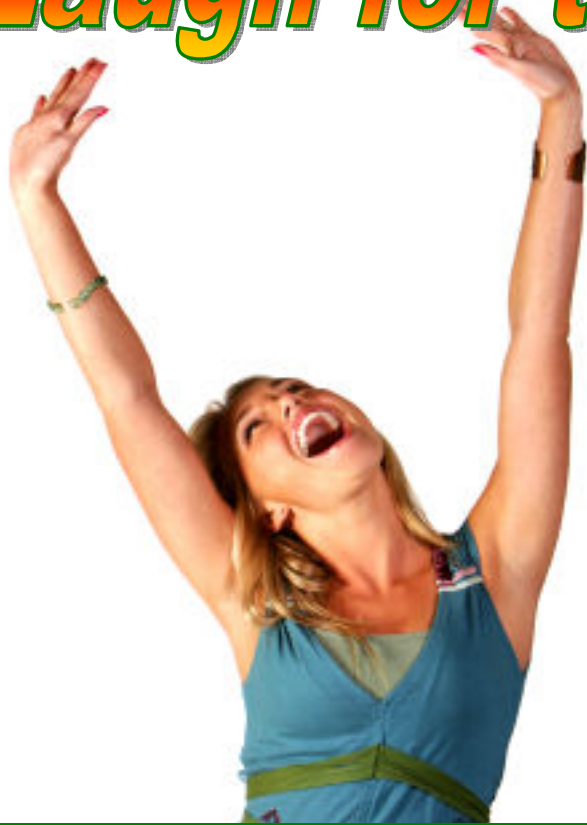


Laugh for the Health of it!



Adult Laughter Yoga at South Wellington Community Hall

Wednesdays 7 to 8 pm

September 17 to November 12, 2008
(no class on October 15)

ENJOY 8 WEEKS OF:

- Entertaining body movement to help rewire the brain.
- Humorous breathing techniques to relax the mind and body.
- Amusing stretching poses to keep the body agile.
- Playful tapping exercises to stimulate acupressure points.
- Visualizations to lightly explore life lessons.

JUST
\$79

TO REGISTER CONTACT:

Laughtercises

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Web: www.laughtercises.com

or

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Laughtercises Laughter Coach Denise Armet is a Registered Psychiatric Nurse, Certified Holistic Health Practitioner and Certified Laughter Yoga Instructor who takes life seriously and herself lightly while promoting wellness.

PROMOTING HEALTH AND HEALING THROUGH LAUGHTER

