



Laughter Wellness Workshops

First Wednesday of each month

05 May 02 June 07 July 04 August 01 Sept

5:15-6:00pm

Laughter Wellness combines unconditional laughter with yogic breathing.

Laughter is simulated as a body exercise in a group, but with eye contact and playfulness it soon turns into real and contagious laughter.

The concept of Laughter Wellness is based on a scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits.

Laughter Yoga is for everyone – especially adults!

Location: Sunset Park, Nightcliff Foreshore

Cost: FREE

No bookings required!

Contact: Stacie - Hyper the Clown 0416 592 445

**Fun
for all
ages!**

**Good for
the body
and soul!**



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