

Mindfulness & Laughter

Each session will help you to incorporate a mindful laughter practice into your daily life and work routine. No jokes or sense of humour required.



Some of the proven benefits of laughter :

- Reduces Stress
- Boosts Immune System
- Releases Endorphins
- Decreases your pain
- Promotes wellbeing
- Exercises core muscles

What happens in each class?

Classes will have the following elements; mindful stretches using deep breathing as a guide, laughter exercises, laughter meditation and relaxation.

WHEN: EVERY THURSDAY FROM NOV 9th 2017

TIME: 7-8pm

COST: £5/SESSION

**VENUE: FRIENDS MEETING HOUSE,
9, LIMES RD. EGHAM, TW209QT**

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