

LAUGHTER YOGA

with Gerry Strohm LifeCoach and Laughter Yoga Leader

Saturday, 20 October 9.30 for 10.00am to 13.00



In this fun workshop you will learn to laugh for no reason – without jokes, humour or comedy – and experience the great benefits that laughter can bring to both body and mind.

Cost: £25 Code: WLY1

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