

Communicating with Ourselves and Others

Laughter Training

with Gerry Strohm Life Coach and Laughter Yoga Leader

Saturday, 27 April 9.30 for 10.00-13.00



Laughter can be hugely healing and is well known for its positive effect on health and wellbeing. This hilarious and fun workshop will use Laughter Yoga techniques to focus on communication and self-understanding. You will emerge more confident, with a changed attitude towards yourself and with a wide grin.

Cost: £25 includes refreshments

The Letchworth Centre for Healthy Living

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