

Laughter Yoga with Merrie Maggie



How many times have you LAUGHED today?



Laughing makes you FEEL good

Benefits of Laughter Yoga	
Exercise your internal body as well as your external body through laughter exercises and deep breathing	Laughter helps your body create Endorphins that enhance your immune system
Improve communication through laughter	Relieve stress by allowing laughter to embrace you
Energise and revitalise through deep (Yogic) breathing	Bring out the child in you through playfulness

'Merrie' Maggie Thompson delivers regular Laughter Clubs within Dudley Borough and beyond. She is a qualified Laughter Yoga Leader and Teacher with several years experience of delivery.

Merrie Maggie offers:

- Laughter Yoga sessions to support groups of long term medical conditions, older people generally, Retirement Homes, Townswomen's Guilds, W.I.'s, Active Retirement groups, youth groups and many others
- Taster sessions at conferences and events
- Team building workshops
- 1-day Laughter Yoga Basic Learning workshop to individuals and groups
- 2-day Certified Laughter Yoga Leader Training to individuals and groups



For more information, contact Maggie on 07565 218567, email: maggiet1951@googlemail.com and see her website at www.merriemaggie.co.uk

