

Laughter Club - Dudley

Find your inner joy with 'Merrie Maggie'



How many times have you laughed today?

Laughter makes you FEEL good

Relieve stress by allowing laughter to embrace you

Revitalises through deep Yogic breathing

Laughter exercises combined with deep breathing helps to relieve stress, boosts the immune system and creates a feeling of wellbeing and joy.

The next session will take place on:

Thursday, 22 November 2018

From 11.00 am to 12.00 noon

Mata Da Mandir Centre
57-59 King Street
DUDLEY, DY2 8PX



For more information contact Maggie on 07565 218567 or go to the website: www.merriemaggie.co.uk