

Laughter Yoga with Clare



Start your week off by reducing stress, relaxing and having fun.

Laughter Yoga isn't like ordinary yoga and instead combines yogic breathing and laughter exercises with childlike playfulness to ...



- release endorphins and serotonin to make you feel better;
- reduce stress and strengthen the immune system;
- raise energy levels;
- improve circulation;
- support good mental health;
- improve concentration and creativity and
- provide a coping mechanism through challenges.

When: Mondays 6.30 pm to 7.30pm

Where: Plunket Room, 21 Tawai Street, Upper Hutt

Cost: Gold Coin Donation (goes towards the room hire)

Cancellations: Will be posted on FB "Laughter Yoga with Clare"

For: Adults

Note: No classes on Public Holidays or in January

Clare Ludlam is a certified Laughter Yoga Leader and Teacher

Contact her on (04) 939-8030, clare@clareludlam.co.nz or FB "[Laughter Yoga with Clare](#)"

For more information check out www.clareludlam.co.nz and www.laughteryoga.org.nz

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