

# Laughter Yoga with Clare



## For Your Wellbeing

Start your week off by reducing stress, feeling happier and taking care of your wellbeing.

Laughter Yoga is a unique physical, aerobic activity and combines yogic breathing, stretching and laughter 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;
- provide a coping mechanism through challenges.



*Give it a go; you might be hesitant at the beginning  
but soon you'll be laughing easily and on demand. It's a lot of fun!*

- When:** Mondays 5.30-6.15pm or 6.30-7.15 pm  
**Where:** Level 3, 44 Liardet Street, New Plymouth  
**Cost:** \$5 towards the room hire.  
**Bring:** Water and yoga mat for the relaxation – I have some if you forget  
**Cancellations:** Will be posted on FB “Laughter Yoga with Clare”  
**For:** Adults  
**Note:** No classes on Public Holidays or in January  
**Dinners:** Mid-Year and Christmas dinners for Monday night participants

As with all physical activity, there may be times when you need to take it easy or not participate. If you have existing medical conditions, please consult your Doctor first. Guidance can be found in the “Contraindications” document on my website.

Clare Ludlam is a Certified Laughter Yoga Leader and Teacher  
Contact her on 0276261288, [clare@clareludlam.co.nz](mailto:clare@clareludlam.co.nz) or FB [“Laughter Yoga with Clare”](https://www.facebook.com/LaughterYogaWithClare)  
For more information check out [www.clareludlam.co.nz](http://www.clareludlam.co.nz)

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