

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.



Try it! You might be hesitant at first but soon you'll be laughing easily and on demand. It's a lot of fun!

- When:** Mondays 6-7pm for Adults.
Where: 156 Tukapa Street, Westown, New Plymouth.
Cost: \$5 towards the room hire.
Bring: Water and a yoga mat, if you'd prefer that to carpet for the relaxation.
Cancellations: Will be posted on FB "Laughter Yoga with Clare"
Note: No classes on Public Holidays or in January
Dinners: Mid-Year and Christmas dinners for Monday night participants

There are times when Laughter Yoga is not recommended, you need to consult your Doctor first or just take it easy. For guidance, check out Dr Kataria's "Contraindications" document on my website.

Clare Ludlam is a Certified Laughter Yoga Leader and Teacher
Contact her on 0276261288, clare@clareludlam.co.nz or FB "[Laughter Yoga with Clare](#)"
For more information check out www.clareludlam.co.nz

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