



Laughter Yoga with Clare

Laughter is the exercise

Feeling good is the benefit

Experience the power of laughter!

Laughter Yoga is a physical, aerobic activity that combines laughter and childlike playfulness to deliver powerful physical and emotional benefits.

Why join us?

- **Boost Your Mood:** Releases "feel-good" chemicals to help with anxiety and depression.
- **Reduce Stress:** Lowers cortisol levels and clears the mind.
- **Strengthen Immunity:** Increases oxygen to the body and brain.
- **Connect:** Share a joyful experience with your community.

Join the next session

- **When:** Mondays 6-7pm (Adults)
- **Where:** 156 Tukapa Street, Westown, New Plymouth
- **Cost:** \$5 donation towards the room hire
- **What to bring:** Water and yoga mat for the relaxation

Things to know

- **Cancellations:** Will be posted on FB "Laughter Yoga with Clare"
- **Holidays:** No classes on public holidays or January
- **Socials:** We have mid-year and Christmas dinners for LY participants!

Clare Ludlam is a Certified Laughter Yoga Leader and Teacher.
If you have medical conditions consult your Doctor first. Full guidance is on my website

0276261288

www.clareludlam.co.nz

Very Good Very Good YAY