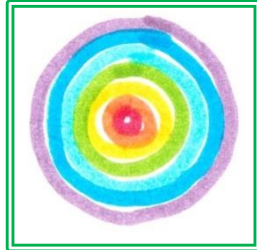




## Every Ability Laughter Yoga - North Beach



In this inclusive community session we use simple breathing, movement and play based exercises to improve health and wellbeing.



It's easy to do, lots of fun and amazingly good for you.

Come join us for all of the goodness ☺

🌀 **When:** 10:00am – 12noon every Tuesday morning

- 10:00am – Doors Open
- 10:00am–10:30am – Informal Games and Activities
- 10:30am–11:30am – Laughter Yoga
- 11:30am–12noon – Informal Games and Activities
- 12noon–12:30pm – Pack up
- 12:30pm – Doors Close



🌀 **Where:** Henderson Environmental Centre, Star Swamp Reserve  
Lot 709 Groat Street, North Beach WA 6021

🌀 **Cost:** \$10 per person

(If you can't afford this amount, please contact us and we can work it out together)

🌀 **Suitability:** This is an inclusive community session.  
It is suitable for all ability levels.

🌀 **Contact:** For more details, please contact;  
Luke Be at [Creative Expressionismsismms](mailto:creativeexpressionismsismms)  
Phone: 0401 356 563



Email: [creativeexpression@live.com](mailto:creativeexpression@live.com)

Web: [www.creativee.org.au](http://www.creativee.org.au)

or through our social media pages



We love what we do and are always happy to help ☺

