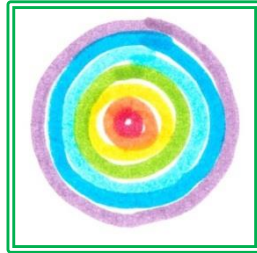




## **Every Ability Laughter Yoga – Guildford**



Laughter Yoga is a series of breathing, movement and play exercises designed to improve health and wellbeing.

It is simple to do, lots of fun and amazzingly good for you.

Come join us for all of the fun ☺

When: 10:30am to 12:00pm every Monday  
(Starts Monday 24<sup>th</sup> October 2016)

10:30am – 10:40am - Warm up Activities

10:40am – 11:25am - Laughter Yoga

11:25am – 12:00pm – Social Space with Games and Activities

Where: Guildford Town Hall  
Corner Meadow Street & James Street,  
Guildford WA 6055

Cost: \$10 per person

Suitability: This is an inclusive community space.  
It is designed for all ages and ability levels.

For more details, please contact;  
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Email: [creativeexpression@live.com](mailto:creativeexpression@live.com)

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

or through our social media pages

