



Every Ability Laughter Yoga - Mirrabooka

Where: The Billabong Room, Herb Graham Recreation Centre.
38 Ashbury Crescent, Mirrabooka, WA 6061

The Billabong Room is big and sunny and can be found at the end of the main lobby area. It has a large carpeted area, lots of chairs, a dancefloor, empty bar and doors to the kitchen and toilets. Just look for our colourful "Laughter Yoga" sign.

When: 10:30am - 11:30am every Tuesday morning

If you are early, there is a dining area with TV in the main lobby area just outside the room. Some of our group have morning tea there beforehand and would be happy for you to join them.

If you are a little late, that's ok too. Sometimes things happen along the way. If we have already started, please come in and join the group as quickly and quietly as possible.

What to expect:

Everyone sits in one large circle and share a series of simple and fun exercises together. These exercises include;

- Breathing and Laughing – We use breathing and fake laughing to feel happier and healthier and to share those feelings with each other.
- Clapping and Chanting – We use clapping and chanting to work together and share how we feel. The two main ones are;
 1. Ho Ho Ha Ha Ha x 3 – This is used when an exercise is ending and the next one is about to start. When you hear it, please join in and then listen to the next instructions.
 2. Very Good Very good YAY!!! x 3 – If you like something that's happened, or are feeling really good, shout out "Very good Very good Yay" and we will do it too. Better still, you may also win a laughter prize from our magic box
- Play – We use silly actions, games, songs and our imagination to create more laughter and practice the things we want to achieve.

What we ask:

We all have different abilities and you may find some things are easy to do while other things may be hard. There is no right or wrong way in our sessions, all we ask is that you;

- Do the best you can
- Look after yourself and each other
- Have fun ☺

Cost: \$5 per person

If you can't afford this amount, please just let us know and we can work it out together.

Suitability: Everyone is Welcome

This session is open to all ages and abilities.

Contact Us:

We love what we do and are always happy to share.

If you would like any more information about us, what we do or the way it works, please contact:

Luke Be at Creative Expressionismms.

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