



Every Ability Laughter Yoga

* North Beach *

* Session Outline *

10:00am

Doors Open

10:00am - 10:30am

General Activities

- * Morning tea in outdoor area
- * Ball, hoop and bubble play in shaded play area
- * Drawing, colouring and creative play in main room
- * Nature learning in garden and surrounding reserve

10:30am - 11:30am

Every Ability Laughter Yoga

- * 10:30am – 10:40am - Warm up games
- * 10:40am – 10:45am - Introduction
- * 10:45am – 11:00am - Physical exercises
- * 11:00am – 11:20am - Social based exercises
- * 11:20am – 11:30am – Self-care and reflection

11:30am - 12:noon

General activities

- * Morning tea in outdoor area
- * Ball, hoop and bubble play in shaded play area
- * Drawing, colouring and creative play in main room
- * Nature learning in garden and surrounding reserve

12:noon - 12:30pm

Pack up

12:30pm

Doors Close

* Please note *

Every Ability Laughter Yoga is a facilitated wellbeing session and requires a safe space to achieve the best possible outcomes

People arriving late and leaving early during this time is very disruptive and negatively affects the experience of others.

We kindly ask that everyone participating in the laughter yoga session arrive on time and ready for a 10:30am start and not leave before the session has ended at 11:30am. Unfortunately, we cannot guarantee seating or entry for anyone arriving after that time.

