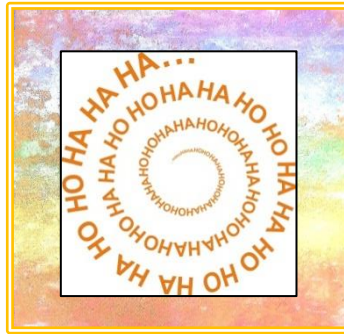




## Free Laughter Yoga - Springtime



Laughter Yoga is a simple set of breathing, movement and play exercises designed to improve physical, mental and emotional health.

It is easy to do and amazzingly good for you.

Come join us for all of the fun. ☺

When: 9:30am to 11:00am every Saturday morning during Spring  
Rain, hail or shine!!!

Where: Stirling Civic Gardens,  
2 Cedric Street, Stirling WA 6021  
(Park is conveniently located next to the Stirling Train Station)

Cost: Free  
(Donations welcome and appreciated)

What to Bring: We recommend a drink and wearing comfortable clothing

For more details please contact  
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or visit us on social media

