

Laughter Yoga



All Welcome

Here's what people are saying...

"I felt nervous before the session but after I felt the best me, your session was truly amazing." **Arthur**

"I was feeling energised after the session" **Margaret**

"I didn't want to come but now I don't want the session to end"

Johnathan

Increase self esteem, life satisfaction, joy, optimism, resilience, creativity, engagement, cheerfulness.

Reduce stress, anxiety and mild depression.

An aerobic exercise that can be done by anyone at any time, that results in health and happiness.

For more information call 1300 309 599

All Round Health and Community Care

Level 1 / 94 Liverpool St Hobart **\$5 suggested donation individuals and only \$10 families**