

## Laughter Yoga with Merrie Maggie

Monday, 10 June 2024

From 7.00 pm to 8.00 pm

Wordsley Community Centre (large upstairs room) Wordsley Green Wordsley STOURBRIDGE DY8 5BN







How many times have you LAUGHED today?

Laughter makes you
FEEL good

Relieve stress by allowing laughter to **EMBRACE** you

Feel REVITALISED through deep Yogic breathing





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