

WALK with LAUGHTER YOGA

Friday, 21 June 2024

From 10.30 am

Priory Park
Paganel Drive
Dudley
DY1 4AZ

(Meet by Registry Office gates)

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

For more information, contact Maggie on

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