

LOL... Seeking interest for laughing yoga.



Ready for a good laugh?
Want to feel energised?
Come and join our laughing group. With a mix of laughter exercises, yogic breathing and relaxation, laughing yoga has been proven to improve mood, relieve stress and increase cognitive function.

When

TBC pending level of interest.

Where

TBC pending interest. Sessions will take place either at headspace Dandenong or headspace Narre Warren or both.

Contact

Jacalyn Grose on
Jacalyn.grose@headspacenarre.com.au or
call 1800 367 968 and ask for Jac



Headspace Narre Warren and Dandenong are seeking interest for our laughing yoga sessions. If you or someone you know is keen or would like more info, contact Jac at headspace Dandenong & Narre Warren

Laughter really is good for the soul :)