



## Laughter Yoga & Personal Growth

**When:** Saturday 10 March, 14 April, 12 May, 9 June  
**Time:** 1.00pm—4.00pm  
**Where:** Seniors Citizens Building, Carrington Park  
**Address:** 20 O'Connor Road, Knoxfield  
**Cost:** \$25 (concession available)

### Have you ever wondered about any of the following?

- ♥ How to be happy without drugs or alcohol?
- ♥ How to bring the laughter back into your life?
- ♥ How to release 'happy hormones' into your bloodstream?
- ♥ How to boost your immune system and lower stress levels?
- ♥ How to support yourself using art therapy ?

### Then find out how you can do this and more!

- ♥ Become familiar with Laughter Yoga
- ♥ Practice meditation
- ♥ Do art therapy for self support
- ♥ Get in touch with the inner you
- ♥ Have fun with like-minded people
- ♥ Use your body with creative dancing
- ♥ Energetic Hygiene



### Enquiries to the facilitator, Lynette Mitchell:

Holistic Living Counsellor, Mentor Life Coach,  
Leader of Ferntree Gully Laughter Club 13 years.

**Phone Lynette on 0425 799 258**