

Laughter

YOGA

- REDUCE STRESS
- BOOST YOUR MOOD
- RELEASE ENDORPHINS
- IMPROVE SLEEP AND MEMORY
- BOOST IMMUNITY
- LOWER BLOOD PRESSURE
- MAKE NEW FRIENDS
- ...AND MORE!



Join us, along with leader Ellen Wood and discover all the healing benefits of Laughter Yoga while gently stretching



374 1st Street West
(204)467-2582

Drop -in fee:
Members- \$3
Non-Members-\$5

Thursdays:
Jan 9 & 23 & 30
Feb 6 & 13

1:00-2:00pm