

Laughter Yoga Workshop @ BoCo



Led by Kit Hammond Stapely

Sun 25th Sept: 14.00 to 15.00
Sat 22nd Oct: 14.00 to 15.00
Sat 26th Nov: 14.00 to 15.00



You don't need a GSOH, jokes or comedy shows - just a willingness to laugh – and in the current climate we all need to laugh more.

We are all familiar with the debilitating effects of stress. A stressed mind can produce physical symptoms including insomnia, tension headaches, racing heart, palpitations, excessive sweating, muscular tension and a racing mind that will not stop even when you do. Laughter is an important tool for dealing with stress but, when the going gets tough, we might need help to reach for it.

Laughter Yoga is a unique technique devised by Dr Madan Kataria to facilitate "Laughter for no reason". This workshop incorporates mind/body exercises, fun and games that will leave you feeling lighter and looking younger! The workshop will help you to:

- ☺ Build confidence and release inhibitions
- ☺ Improve health and energy
- ☺ Let go of stress and tensions
- ☺ Recapture your childlike playfulness
- ☺ Connect with your inner joy and happiness

For more information call Kit on 020 8398 4034 or contact her through the website www.MiraclesDoHappen.org.uk.

Cost: Single session:	Members: £15	Non-Members: £20
All sessions:	Members: £40	Non-Members: £55

For bookings email bookings@boco-uk.com or call 020 8399 3930

About the teacher: Kit helps people whose minds are in a state of worry and fear. Her clients range from companies who want the best for their employees, to individuals who just want laughter back in their lives. She has been teaching Laughter Yoga since 2003 when she trained with Dr Madan Kataria. A cancer survivor who is convinced of the benefits of laughter to help you ride lightly over rough ground today she lives cancer-free to teach and empower others to embark on their own laughing and healing journeys. The author of *It Could Be Verse, an Anthology of Laughter Quotations*, she is also a Health Creation Mentor and a Louise Hay-authorized Heal Your Life Teacher.



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