

Laughter Yoga and World Laughter Day

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Sunday, 6th May 2012 will be World Laughter Day and many places will have celebration events. Here in Ledbury, the celebration will take place in **the Foyer of The Market Theatre**, from 10.00 to 11.00. There will be a charge of £5.00 per person.



Have you laughed so much that your face and stomach ached? That memory will put a smile on your face as you recall the exhilaration you felt. Don't you wish you could laugh like that more often?

Imagine starting your day with a bout of laughter. How would that make you feel for the rest of the day? You probably wouldn't be able to wipe the smile from your face and you would feel positive about whatever you were doing. How would that affect other people around you? It would be infectious and you would feel the power of being able to spread some happiness.

Wouldn't that feel good!

Maggie Thompson and Maureen Kaye will deliver a session of Laughter Yoga. This is a combination laughter exercises, hand-claps and chants to warm up the 'chuckle' muscles and Pranayama Yogic breathing.

Join us for an hour of laughter for absolutely no reason and bring the child in you back to life.

For more information contact Maureen Kaye on 07580 128955 (maureenjkaye@yahoo.co.uk) or Maggie Thompson on 07565 218567 (maggiet1951@googlemail.com).