Laughter Yoga

An Independent Living Skills workshop

Beat the winter blues at this fun workshop!
Certified instructor, Cynthia Harrison will be sharing about the various physical and emotional benefits related to this new yoga practice. You can also take part in the demonstration, which will give us an opportunity to try out some laughter yoga exercises and experience it's benefits first hand.

Thursday
February
18th
7-8pm

This is a FREE workshop.

EVERYONE is welcome.

Please RSVP.

Independent Living Centre London & Area

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