

LAUGHTER YOGA WORKSHOP

with Denise Hodgson

Free zoom workshop

WEDNESDAY 5th AUGUST

2pm start - zoom open from 1.30pm

Workshop runs for 90 mins

[Click here for zoom link](#)

**time to change
somerse**

let's end mental health discrimination

"we will learn about laughter yoga together with its history and benefits to our holistic wellbeing ,
and focus on four elements that enhance well being , laugh play sing dance"