



**Southeast Florida ACA
Intergroup is sponsoring a**

Heartfelt Laughter Workshop

From My Heart to yours



What? Heartfelt Laughter is a refreshing & innovative approach to physical, mental & emotional well-being. It's an ideal way to re-connect with your Inner Child and let them out to play in a safe environment.

How? Heartfelt Laughter uses a perfect blend of simple, yet empowering Laughter exercises & Yogic Breathing techniques, along with fun and playful activities like games, singing and dancing.

Why? Why not?? Heartfelt Laughter helps reduce stress, dumps depression and anxiety. It's a powerful way to recharge your batteries & release ones inhibitions, allowing you to have FUN & PLAY! Your Inner Child will LOVE you!



Lisa P., a fellow traveler and certified Laughter Yoga Leader & Teacher, who has been teaching over 10 years will be facilitating the workshop.



When? Sat. July 21, 2018 from 6:30-8:30pm

Where? First Unitarian Church

635 Prosperity Farms Rd, North Palm Beach (Between Northlake Blvd & PGA Blvd)

There is no charge for this event, however, the basket will be passed.

More info: Lisa P. 561-723-5688 laughtergooddness@comcast.com

Kathy A - 561-236-4298 kathyandio@yahoo.com

This event is sponsored by the Southeast Florida ACA Intergroup.
Your Intergroup provides you with meeting lists, ACA website and literature discounts.
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