



# Laughter Yoga Workshops

**Saturday 14 October, 8.30 - 10am**

Avalon Annexe, 3 Bowling Green Lane, Avalon

**Saturday 28 October, 8.30 - 10am**

Queenscliff SLSC, North Steyne & Collingwood Street, Manly

Enjoy 60 minutes of gentle breathing and stretching exercises and loads of laughs, followed by a light breakfast.

Suitable for all ages and abilities

Free (bookings essential)

Bookings: 9970 1169 or [janine.curtis@northernbeaches.nsw.gov.au](mailto:janine.curtis@northernbeaches.nsw.gov.au)

[northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au)



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