
LAUGHING YOGA



The joy of a good joke



Deep belly laughs



Wendy Woods, leads the laughter



Coming together in hilarity

When I received an invitation to join a laughing yoga group I was very excited to learn more about this budding branch of yoga that I have been hearing so much about. Wendy Woods leads the way with fun activities, which helped to invoke all sorts of wild and free laughs from the group. After an hour and a half of heartfelt laughter I could feel the stress of the day melt away, giving me the chance to see how much benefit laughter brings to my life! The group meets the first Thursday of every month. All that is required is comfortable clothing, water, and a small donation for the use of the space. For more info, wwoods@watershedtraining.ca and www.laughter-yoga.ca

Photos by Tierre Tayler