

Laughter Yoga Workshop



Are you stressed? Do you enjoy yoga? Laughter?

Join Beverley Ikier (CPT, BCBMT, Creator of Osteofitness™, and member of BHOF) and Cailin Coleman (Certified Laughter Yoga Teacher and Trainer) for the Laughter Yoga Workshop! Laughter yoga is shown to reduce stress, boost mood, strengthen immune system, increase energy level, and more! In this workshop you will learn the benefits of Laughter Yoga and how to implement this practice in your life.

All movements are osteopenia/osteoporosis-friendly!!!

Date: Friday, September 16, 2022

Time: 1:00pm-2:15pm

Location: Ikier Wellness Center, 336 Baker Avenue, Concord MA, 01742

(In-Person, Limited Space Available)

Zoom (Virtual)

Recorded (Video available after workshop)

Cost: \$49 (Email Gabrielle Plainte, gplainte@osteofitness.com for payment)

**Please bring a water bottle
and wear comfortable clothing!**



IKIER WELLNESS
Osteofitness and Massage Therapy