



Laughter Yoga & Gong

With Sophie Terrasse



Friday, November 4th •
7:45-9:15pm • Sky Room

Investment: 15^{+hst}

Register early!

“Your body cannot heal without Play; your mind cannot heal without Laughter; your soul cannot heal without Joy”

Tickle your funny bones, release stress and get a taste of “Laughter for no reason” with this fun, relaxing and rejuvenating workshop – your inner child will take days to settle down.

Laughter Yoga™ is a new revolution in body-mind medicine, which combines simple laughter exercises and gentle yoga breathing to enhance health and happiness. Laughter Yoga™ is a worldwide movement with broad appeal; there are currently over 6000 Laughter Clubs in more than 60 countries.

Laughter’s yoga is gaining popularity in Ottawa in large part due to Sophie’s efforts, vibrant energy and enthusiasm. In her workshop you will laugh, breathe, sing, dance and cultivate your childlike spirit and playful attitude. Each workshop ends with a powerful relaxation to the sound of her 28 inch GONG. A pure treat. Come stretch your stress away with Laughter and Gong!

Sophie Terrasse, received her Laughter Yoga™ certification from Dr. Kataria, M.D., founder of the Laughter Yoga™ movement in Mumbai, India. She is an Art therapist, certified Kundalini Yoga Instructor and the Director of The Institut Tournesol: Wellness through Art, Laughter and Yoga www.instituttournesol.ca Sophie is also the founder of The Ottawa Sunflower laughter club. She offers individual therapy services, teaching seminars and group workshops in Canada and around the world, where she has also been a guest speaker in various conferences.

www.ottawayoga.com

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