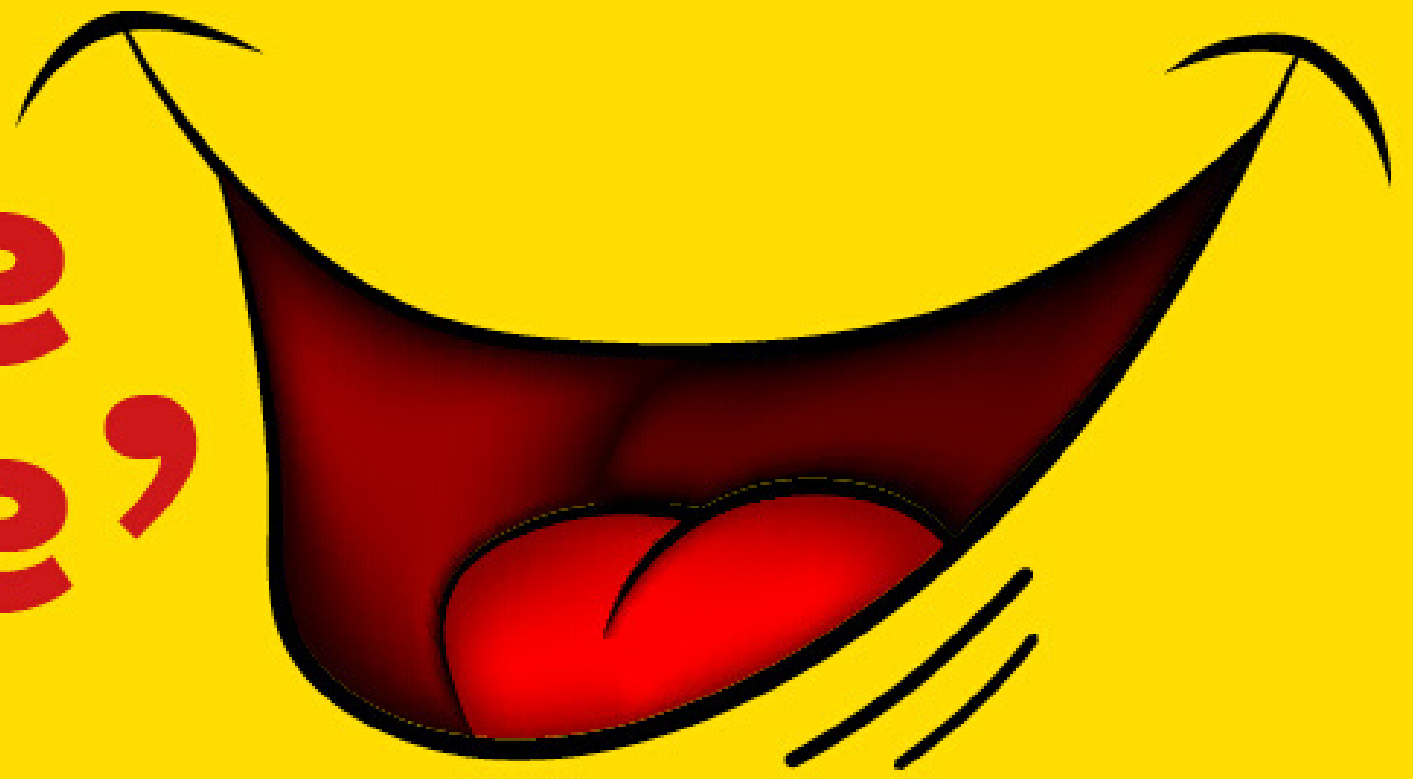


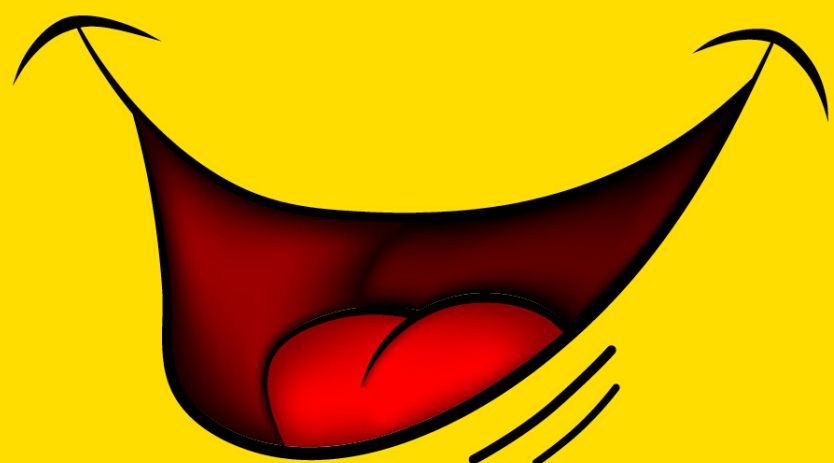
# 'Merrie Maggie'



'Merrie Maggie' Thompson delivers regular Laughter Clubs within Dudley Borough and beyond. She is a qualified Laughter Yoga Teacher with many years experience of and was awarded Laughter Ambassador in 2017 by Dr Madan Kataria



For more information,  
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## Benefits of Laughter Yoga

How many times have you  
**laughed** today?

Laughing makes you **feel** good

- Exercise your **internal** body as well as your **external** body through laughter exercises and deep breathing
- Improve **communication** through laughter
- **Energise** and **revitalise** through deep (yogic) breathing
- Laughter helps you brain create **Endorphins** that spread throughout your body and strengthen your **immune** system
- Relieve stress by allowing laughter to **embrace** you every day
- Bring out the child in you through **playfulness**

## Merrie Maggie: offers

- **Laughter Yoga sessions** to support groups with long term medical conditions, older people, Retirement homes, Townswomen's Guilds, W.I's, Active Retirement groups, guides and scouts and many others.
- **Taster sessions** at conferences and events
- **Team building workshops**
- **1-day Laughter Yoga Basic Learning workshops** to individuals and groups (This could also be offered over a number of weeks during 1-hour sessions)
- **2-day Certified Laughter Yoga Leader Training** to individuals and groups.