



Freedom Healing and Wellness
your life at its very best

MANIFEST YOUR DREAMS WITH LAUGHTER YOGA

Draw your dreams to you, no matter what they are.

"The greatest prayer you could ever pray, would be to laugh every day. For when you do, it elevates the vibratory frequency within your being such that you would heal your entire body." Ramtha

What will we do?

- Have a discussion to clarify your dreams**
- Laughter Yoga**
- Yoga Nidra (guided relaxation)**
- Short discussion about how you feel now and what to do next**

Laughter Yoga makes you happy, healthy, and energized, transforming your life.

Bring paper and pen to write down your dreams.
Even better: come with them written down already.

This is not yoga to turn you into a pretzel.
The "yoga" portion is deep breathing throughout and guided relaxation.

Dress comfortably and bring a yoga mat or towel if you want to lie down for yoga nidra. You can also sit in a chair.

Where?

Freedom Healing & Wellness
1200 Bustleton Pike, Suite 16B Buck Village Commons, Feasterville, PA 19053
Call Kim at 215-354-0057 or email kim@freedomhealingandwellness.com

When?

MONTHLY, 4TH TUESDAY FROM FEBRUARY TO JUNE 3/27, 4/24, 5/22, 6/26
Next one: Tuesday, February 28, 2012 from 6:30PM to 8:00PM
Cost: \$10

Pre-registration welcome! Visit our website.

Phone: 215-354-0057 www.FreedomHealingandWellness.com
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