



### Laughter Yoga is Back to Bondi

The Bondi Laughter Yoga club which has been set up over 10 years ago but has been in recess for the last three years is now active again! Every Saturday 11am we meet at the Chapel by the Sea to laugh, connect and do silly things that are so much fun! This community class is run by donation and is facilitated by two certified Laughter Yoga Leaders – Julia and Pia.

Laughter is a great way to release stress, get fit and socialize. In the laughter sessions we work with breathing exercises, childlike playful games and partner yoga elements.

- HOW MUCH:** \$By Donation  
**LOCATION:** Bondi Beach Chapel by the Sea - 95 Roscoe Street  
**CONTACT:** Julia Gusman on [julia.gusman@gmail.com](mailto:julia.gusman@gmail.com)

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TUESDAY

\$15

Chicken Schnitzel