

Laughter for Health

with Josie Bailey

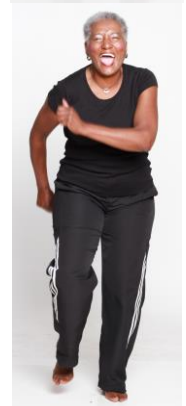
Laugh your way to health and wholeness through "laughter and breathing" exercises.



“Laughter for Health” with Josie is the most fun you can have in an exercise class, while you enjoy the natural benefits of deep breathing, rhythmic movement and laughing.



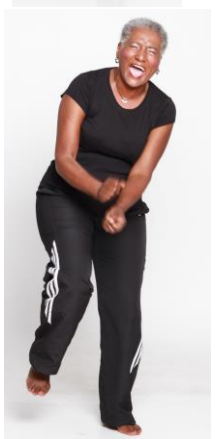
Laughter releases endorphins, which create a natural sense of well-being and positivity, while reducing physical, mental and emotional stress.



Contact Josie and find out how deep breathing, bending, stretching and having a good laugh can be good for you!



Josie is a storyteller, inspirational speaker and a certified Laughter Yoga coach.



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