

World Peace through Laughter and Clear Communication

A class on laughter yoga and compassionate communication

Would you enjoy having more joy and laughter in your life and just can't seem to make it happen?



And you really do care about your family, co-workers, friends... and are disappointed when you can't communicate clearly and from your heart?

Join me in a fun, lighthearted and meaningful class that will give you an opportunity to experience Laughter Yoga and learn some new communication skills.

Previous exposure to compassionate communication helpful, but not required!

- You will experience a Laughter Yoga session and garner more information about the benefits of laughter.
- You will be exposed to the art of communicating with compassion, get to practice it, and learn to hold your thoughts lightly.
- You will connect with others who are curious about how laughter and communication can move you toward peace!

Date: Saturday, February 20th

Time: 9 a.m. -12:30 p.m.

Cost: \$45.00z

Location: The Peace Center - 816 Hill St.

Minimum-six participants Maximum-twelve participants

To register call Carol @ 541-389-0831 or email carol@intobalancecoaching.com

Feel free to call if you have questions!!

About the facilitator: Carol Delmonico, RN is a professional Life Coach, a communication trainer, and an Embodied Life™ facilitator. Carol is a life long student, teacher, learner and seeker of wholeness. She is married with two children ages 18 and 13. She values balance, and is inspired by her family, nature, friends and laughter . . ha ha ha.

