

# LAUGHTER IS A GOOD STRETCH, TOO™



Yoga, Laughter,  
Light, and  
Warmth to Melt  
Away Winter Blues

**Saturday February 27, 1:30 - 4:30 pm \$30**

**Discounts available:**

Sign up someone new to the studio: both of you take \$5 off

Suitable for everyone—experienced yoga practitioners and newcomers alike—this afternoon session will enlighten, lighten, and loosen you up. Laughter, like yoga, releases tension, lifts your mood, and opens your heart. Imagine what an afternoon of both laughter and yoga will do!

*"I loved your humor class... The spiritual aspects of humor were really fun for me! I do believe that we are closest to our true spirit when we are laughing!"*

~ Kate Harper, Leadership and Life Coach

*"Phil knows how to lighten your heart in a most yogic way!"*

~ Swami Nirmalananda, Founder of Svaroopā® Yoga

**THE CENTERED PLACE**

**YOGA CLASSES ~ EMBODYMENT™ ~ YOGA THERAPY**

**286 Bridge St, Warren MA**

**800 815 7374 WWW.THECENTEREDPLACE.COM**

**Register by calling or emailing [info@thecenteredplace.com](mailto:info@thecenteredplace.com)**