



*FREE EVENT - No registration necessary*

# *World Laughter Day*

*Sunday 5 May 2019, 5:15-6.45pm*

**Freemans Bay Community Centre  
52 Hepburn Street, Freemans Bay**

Bus 106 from stop 7102, Victoria St West, in CBD, to stop 7267 on Wellington St, then 1 minute walk.  
Inner and Outer Link buses also stop nearby, and then it's a short walk. Off-street parking



*Laugh for good health, inner joy & world peace*

**Join us for a laughter session, then chat over tea & biscuits**

**+ optional vegetarian meal after the session at 7pm: \$18pp  
(must be prepaid by Monday 29 April)**

**More info: Bob: 09 376 3496 or 021 646 280**

**Louise 027 475 3734      Gay 021 0635 035**

**laughteryoganz@gmail.com [www.laughteryoga.org.nz](http://www.laughteryoga.org.nz)**

To pay for your meal : Direct Deposit - Internet banking or at a Kiwibank branch:  
Laughter Yoga NZ. Account No: 38 9008 0430364 00 Kiwibank, Ponsonby Branch  
**Please put your name as the reference**

see website for clubs, events & trainings