

Laughter Yoga

With Mosaic at Centre Court



Thursday June 27, 2013

11:00a.m. - 1:00p.m.

**Stress Free - Active Living - All Ages
Seniors Adults - Children - Live Happy**

Lillian Saggiorato

As an Occupational Health Nurse Lillian had to find a way to help reduce stress and work life balance. She trained to be a Laughter Yoga Leader and commenced using this form of exercise and stress relief with employees. The results after the sessions reinforced positive energy, decreased stress a within the workplace, in seniors homes, community clubs, team building events and groups with special needs. In May 2011, Lillian led a public session at downtown Toronto's Yonge & Dundas Square drawing in many people to a midday laugh. Lillian brings professionalism and the gift of laughter to any session she leads.

Please RSVP to 905-597-7000

theShops
on Steeles and 404



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