

An Evening of Insight & Laughter!!! (TIME CHANGE!!)

PLEASE REFRAIN from Wearing Strong Scents Due to Sensitivities & Doing Breathing Exercises

DATE: August 15, 2018 (**BOTH** 6-9PM / **SESSION ONE** 6-7:30PM / **SESSION TWO** 8-9PM)

LOCATION: The Senior Centre 56, Francis Street, Kingston, ON K7M 1L8

THIS SUMMER'S SESSIONS:

SESSION ONE: Art from the Heart Adventure Introductory Session (90+ minutes)

Join an active meditation journey you embark on to visit your heart, soul & authentic self. While on this trip you may be visited by old friends, loved ones, or pets whom have left this earth or simply gain clarity about your life in the now.

When you return from each adventure you will have created a set of 'heartworks' representing the photographs of your journey, something you may keep to reflect on for years to come. Each time you or your friends and family view them they may have new meanings and seem to have evolved just as your life transforms from adventure to adventure. (MAX 8 Spots Available)

SESSION TWO: Laugh YOURSELF Healthy Session (45 minutes)

A Fun SEATED Exercise Program that will improve Your Heart, Lungs & State of Mind (MAX 15 Spots Available)

YOUR INVESTMENT in YOU:

THE BEST EVER!!! BOTH for \$30.00 with Advanced Payment

ART FROM THE HEART ADVENTURE SESSION:

\$30 per Person OR \$50 for 2 People so Bring a Friend

SEATED LAUGHTER SESSION:

\$10. PER Person OR \$15 for 2 People so Bring a Friend

Register Now! <http://www.lightlaughter.com/register-now.php>

Contact: Carolyn Shannon, EMPOWERMENT STARTS HERE

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