

A Day of Insight & Laughter!!!

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

DATE: SUNDAY OCTOBER 11 OR 18, 2026

(BOTH 10 AM – 3:15 PM / SESSION ONE 10 AM - 2:00 PM / SESSION TWO 2:30 PM – 3:15 PM)

LOCATION: 4416 Morrison Street, Niagara Falls, Canada

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 who 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 reflecting 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.

*****BRING EAT AS YOU GO LUNCH/SNACK*****

(MAX 4 Spots Available)

SESSION TWO: Laugh YOURSELF Healthier Session (45 minutes)

A FUN SEATED Exercise Program that will improve Your Heart, Lungs & State of Mind

(MAX 3 extra Spots Available)

YOUR INVESTMENT in YOU:

SESSION ONE: \$35.00 (INCLUDES SESSION TWO)

SESSION TWO ONLY \$10. PER Person (3 extra Spots available)

REGISTER & PAY TO CONFIRM YOUR SPOT!

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

Contact: Carolyn Shannon, [EMPOWERMENT STARTS HERE](#)

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