

LAUGHTER THERAPY BY HARISH CHAVDA

On Thursday 15th January 2009 there will be session on Laughter Therapy and Art of Eating by Harish Chawda.

Harish is champion in promoting stress-free living. In particular he promotes healthy living through seminars and workshops on the Art of Eating, breathing, sleeping, yoga, meditation, laughter therapy (Harrow Laughter Club), Indian Head Massage and life coaching. He has a unique garden at the back of his house, ideal for meditation.

The programme will take place after lunch. This will be very interesting presentation and hope all members will take advantage of the same.