

Giggling Yoga

Bring the
family
together

There's yoga, there's yogalates, and now there's... giggling yoga! It's the new way to de-stress, exercise and have a laugh together at the same time. You get all the zen, some of the om, and plenty of fun.



SANELA
cushion cover
Red.
€8



TITTA DJUR finger puppet
Assorted colours.
€5/10pk



With your rug in the middle of the room, create a cosy den of cushions. Everyone sits cross-legged in a circle, hands on their knees.

Close your eyes, relax, feel the calm vibe. Then... think of something really funny! It could be your latest knock-knock joke, the funny walk of your favourite comedian. Just the effort of trying not to giggle might be enough to set you off. Or pop some puppets on your fingertips and let them take it in turn to tell the jokes. Laughter is not only good for your health. It's infectious. Double the dose, doctor!

