WORKSHOP DESCRIPTIONS
Join MPNH for our Laughter Series, workshops exploring the theme of laughter.

LAUGHTER YOGA WITH YASUKO GARLICK
Join us for a 1-hour exploration of Laughter Yoga. Laughter Yoga uses breathing exercises and movement to stimulate laughter, without using jokes or humour. Connect through laughter and learn about the physical and mental health benefits of laughing.

Saturday, February 19, 4-5pm on Zoom - in English
Saturday, March 19, 2-3pm on Zoom - in English

WHAT MAKES US LAUGH? WITH ALLIE ENTWISTLE
Ever wonder what makes a joke funny? Want to explore different forms of jokes and make a couple of your own? Join comedian Allie Entwistle for this exploration of all things funny! We’ll talk about what makes us laugh and do some joke creating activities to get our comedy juices flowing!

Saturday, February 26, 4-6pm on Zoom - in English

DISCOVER YOUR SPONTANEITY WITH ALEX HO
Join improviser Alex Ho for a participatory workshop exploring spontaneity. We will explore how to be more in the moment through light-hearted fun and laughter. You may just surprise yourself!

Saturday, March 5, 4-6pm on Zoom - in Cantonese
Saturday, March 26, 4-6pm in-person at MPNH - in English

THE ART & SCIENCE OF A COMPASSIONATE SMILE BY QUANTUM CARE
Join Coaches Eda & Masa for a journey of exploring your own compassionate smile during this time of change, recovery & renewal! Modalities: Storytelling, Neuroscience, Mindfulness, Compassionate Movement, Compassionate Listening & Expressive Writing. Requirements: Your presence, your favourite pen & notebook, a glass of water.

Saturday, March 12, 4-6pm on Zoom - in English
Saturday, March 19, 4-6pm on Zoom - in Arabic & English (with Arabic interpretation)

PLUS A FREE COMMUNITY COMEDY SHOW
MARCH 26, 7:30 PM
AT MOUNT PLEASANT NEIGHBOURHOOD HOUSE

For more info or to register, contact Amy ashostak@mpnh.org or call 604-879-8208 ext 111