



Laughter Yoga Retreats

SOPHIE'S JOY AND WELLNESS RETREATS

Thanks to our unique qualifications in *Laughter Yoga, Art Therapy, and Traditional Yoga*, we can use a variety of techniques to complement and enhance your Laughter Yoga experience, including: specialized breathing exercises, team games, laughter meditation, creativity exercises, guided visualization, and gong relaxation.

LIVE LIFE LAUGHING – UNPLUG!!!

One-day, two-day, three-day, one-week retreats

I am joyful – I am playful – I am creative – I am mindful

Sweep away your mental cobwebs!
Inject joy in your life!
Invest in yourself!

Our mission: to guide, help and support you while you learn to grow toward wellbeing, through a range of effective and innovative techniques.

Renew yourself with PLAYFULNESS
Reclaim your right to HAPPINESS
Choose to cultivate JOY

Register now and enhance your physical, emotional, mental, and spiritual wellbeing through our themed retreats.

CREATE: Laughter and creativity [Click here](#)

A time to cultivate FUN and to EXPLORE YOUR UNTAPPED POTENTIAL

REJUVENATE: Laughter and self-care

A time to experience JOY and PAMPER yourself

ELEVATE: Laughter and Sacred Journey

A time to renew in joyful mindfulness

CONTACT US FOR DETAILS and/or CONSULT OUR CALENDAR