

Leah the Laughing Ginger is a CLYT. This is an interactive group participant class, everyone is allowed to do an exercise experiment with ideas and themes in this class. She leads the group and offers a topic to work with that day and opening it up to allow everyone to add to the session. Each session ends with a short heart-centered meditation.

To Join this group email Leah, the laughing Ginger, at Ginger.joy.Johnson@gmail.com and she will add you to her mailing list.