

Start your work week off with some laughter and movement! :)  
The class will include yoga stretching and movement, along with laughter yoga.  
We will close with meditation and awareness of the body/mind.  
Heather is a 200hr certified yoga teacher and a certified Laughter Yoga Leader.  
She hopes that this class will allow you to move through your week with more presence and a lighter heart.

Heather Ding is inviting you to a scheduled Zoom meeting.

Topic: Chair movement & Laughter Yoga with Heather

Time: Jan 15, 2024 09:00 AM Pacific Time (US and Canada)

Every week on Mon, until Apr 29, 2024, 16 occurrence(s)

Jan 15, 2024 09:00 AM

Jan 22, 2024 09:00 AM

Jan 29, 2024 09:00 AM

Feb 5, 2024 09:00 AM

Feb 12, 2024 09:00 AM

Feb 19, 2024 09:00 AM

Feb 26, 2024 09:00 AM

Mar 4, 2024 09:00 AM

Mar 11, 2024 09:00 AM

Mar 18, 2024 09:00 AM

Mar 25, 2024 09:00 AM

Apr 1, 2024 09:00 AM

Apr 8, 2024 09:00 AM

Apr 15, 2024 09:00 AM

Apr 22, 2024 09:00 AM

Apr 29, 2024 09:00 AM

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: [https://us02web.zoom.us/meeting/tZcqc-mgrj4jE9zJ7x81oRTQC8qECudPhA3B/ics?icsToken=98tyKuGrqT8qEtSQuRCPRpwqB4-gc\\_zziCVEj\\_pHtkj9W3FcUDfHFbpTF5FqFOjY](https://us02web.zoom.us/meeting/tZcqc-mgrj4jE9zJ7x81oRTQC8qECudPhA3B/ics?icsToken=98tyKuGrqT8qEtSQuRCPRpwqB4-gc_zziCVEj_pHtkj9W3FcUDfHFbpTF5FqFOjY)

Join Zoom Meeting

<https://us02web.zoom.us/j/83740805998?pwd=dy9aUlg0eFk4T1FueU90Qm12YnU4UT09>

Heather's website: <https://www.peacefullyogahd.com>