

DYNAMICS AND THERAPY OF THE LAUGHTER



A while to enjoy oneself, to relax and to fill with energy and optimism, favoring the relations.

Through several exercises with music: dance, relaxation, and fun games we achieve to enjoy fully the moment, connecting with ours liberating laugh capable of making ourselves feel light and full at the same time.

"The persons who laugh boards hear themselves nearer"

Workshops of 2 to 3 hours with possibility to hand duration.

IDEAL FOR Celebrations, birthdays, meetings, in a program of activities (personal growth, etc.), families with children more of some 7 years.
Days and timetables: from Monday to Saturdays of 9 to 18 hours. Sundays only in the morning. **Groups** from 10 up to 20 people.

Prices and groups: price 170 euros for 10 people (+7€ each person more). Children from 7 years they can make the workshop with the parents and they are free until 11 years old.

Material for the activity: cloth comfortable, socks, a pillow and a towel.

Place: in Can Xargay

Monitor and therapist of the laughter: AnaMaría Berbel Alonso ♥

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Adult workshops - freeing stress

