

Sunflower Institute

Wellness through Art, Laughter and Yoga

(613) 842-9771 • terrasse@rogers.com • www.sunflowerinstitute.ca



WHAT CAN WE DO FOR YOU?

OUR SERVICES

- Kick off your day with a laugh! (a 15 minute stress management program to start the work day)
- Weekly Laughter Yoga class at the Ottawa Sunflower Laughter Club
- Laughter workshops of 1, 1 1/2 or 2 hours
- Half-day seminar workshops on laughter and well-being
- Full day workshops: retreat or training
- Certified Laughter Yoga Leader Training
- Short icebreaker sessions during conferences or special events

WE ARE AVAILABLE TO OFFER OUR SERVICES IN VARIOUS SITUATIONS

- Interactive presentations
- University (stress management courses)
- Family or friend reunions including Bridal Parties
- Office and workplace
- Associations, support groups (cancer, etc)
- Senior groups and residences
- Health (nurses, caregivers)
- Education (teachers, children)
- Fitness centers, SPA's, Yoga centers
- Churches
- Children's groups (birthday parties, schools, summer camps)
- Special occasions in the community or in the workplace
- Fundraisers
- and much more! Just ask!!!!!!!!!!!!!!!!!!!!!!



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