Rada Millwood will present...

Touched by laughter

“Regular laughing brings people into rapport with themselves and with others.”

As a long-time Laughter Yoga Leader I love the sense of ‘being present in the moment’ and of feeling more warmly connected and in tune with people around me.

In this session I will use my knowledge of the Feldenkrais Method to give participants a more insightful appreciation of how we are each touched by laughing.

If you attend this session please come prepared to lie on the floor – bring a mat/blanket and a small pillow

Rada is a graduate of Dr Kataria’s Laughter Yoga School and a teacher of the Feldenkrais Method®. For over 7 years she has been taking the message about our need for laughing in life to thousands of people - in commercial and community organisations, at local and international conferences and on Saturday mornings in a park in Newtown, NSW. 
Rada brings skills and knowledge formed over many years as an instructional designer, learning facilitator and high performance coach in the finance, retail and media sectors to her current work.