

# happy yoga

team-building  
fun stress relief!  
frees the creative spirit

With GURU DUDU

Laughter in the Workplace

## An hilarious team-building workshop

Guru Dudu will get your endorphins flowing with his unique creation of '**Yoga meets Disco**' - designed to open your "laughter meridians", reduce stress and promote a happy workplace culture!

Includes character comedy by Guru Dudu, simple stretches, interactive games and occasional disco!  
Works a treat with small or large audiences.



## Themed to your audience

Guru Dudu tailors his classes to work with the nuances of your audience, and can weave in an educational message to suit your needs.



Check out pics & videos at  
[www.davidnaylor.net.au](http://www.davidnaylor.net.au)

**Book now on  
0422 406 809**