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# Laugh to health

## WORKSHOPS

### Life Inspirations

Tel: 013-6302 926 (Dr. Selina Chew)

E-mail: selina@life-inspirations.com

www.life-inspirations.com

### Birth Confidence Workshop

Aug 10 & Aug 17: Life Inspirations will hold a Birth Confidence Workshop for expectant couples from 3pm-5.30pm.

Includes self-hypnosis for childbirth, law of attraction, visualisation and power of the mind for an easier childbirth.

Conducted by Dr Selina Chew, a certified hypnotherapist.

### Kuala Lumpur Dance Association (KLDA)

Wisma OCM

Jalan Hang Jebat

(formerly Jalan Davidson and opposite Stadium Negara)

Kuala Lumpur

Tel: 017-878 8559 (Anna)

E-mail: annamk@gmail.com

http://annakronenburg.com

### PILATES INTRODUCTORY WORKSHOP

Aug 13: If you're keen on strengthening your core muscles and finding out what the Pilates rage is all about, drop in for this free introductory class in Mat Pilates, which will be conducted by Anna Kronenburg, a certified teacher with the Pilates Institute of Australasia. Time: 7pm-8pm.

### Aurora School of Dance

23, 2nd floor

Jalan USJ10/1F

UEP Subang Jaya, Selangor

Tel: (03)5634-3914/6984

or 016-3110 349/249

E-mail: auroradanceschool@gmail.com

http://auroradanceschool.com

### CHILDREN'S LATIN DANCE WORKSHOP

Aug 17: Keep the kids occupied with this ballroom/latin dance workshop and introductory course (four lessons) for those aged 6-12.

Each participant may bring a parent to join the workshop for free. Dances introduced will include the cha cha, samba and jive.

Time: 10am to 1pm. Course fee: RM140 (workshop & four lessons).

## DOGATHON

### Bukit Ekapo

Universiti Putra Malaysia, Serdang

Tel: 016-6200 136 (Lee Sook Yeng) or

016-6906 322 (Kunswary)

E-mail: sookyeng@gmail.com

### mYoga

Lot 222 & 228

4th and 5th Floor

The Gardens, Mid Valley City

Lingkar Syed Putra

Kuala Lumpur

Tel: (03)2289 8588

http://www.mYogaOnline.com

### HA-HA-HA YOGA WORKSHOP

Today: Incorporating stretching, breathing and laughing exercises, discover the best way to de-stress and relax your mind, heart, abdomen and muscles.

You will be encouraged to work your muscles by performing some hilarious poses imitating the past such as washing clothes with your hands and drawing water from a well and so forth — that should get you laughing hard. Workshop begins at 3:30pm. Free entrance, but call to RSVP.

www.vet.upm.edu.my/~dogathon

### DOGATHON 2008: AEROSPACE -

### ASTRONAUT, ASTEROIDS, ASTRODOGS — WOOF OFF!

Tomorrow: The annual carnival for dog lovers and owners is back with plenty of games in store. The event is aimed at promoting responsible pet ownership and funds collected will be channelled to Pro-Kasih, a catch-neuter-release project which helps control the population of stray cats on UPM campus. Time 7am - 2pm.

## FLEA MARKET

### The Junction

Cap.Zooed at CapSquare

Jalan Munshi Abdullah

Kuala Lumpur

Tel: (03)2697 9718

www.capsquare.com.my

### Cap.Zooed Flea Market

Today & Tomorrow: The bazaar is open from noon to 10pm today, and from noon to 8pm on Sunday.

You'll find graffiti art, handmade accessories and a range of other items here.

Live showcase of local musical talents will be featured throughout the day. Also explore the three-level shopping centre with its newly opened club, Red Square, or head on to TGV and unwind in any one of its six cinema halls.

## SEMINAR

### Ti Ratana Welfare Society

Kuala Lumpur

Tel: 012-2905 163 (Wai Leng)

or (03) 2267 3800

### SPM SEMINAR

Aug 17: It's that time of the year again when students go through exam stress. To help them cope better, a seminar is being held at the KBU International College Hall.

Candidates will learn how to answer questions pertaining to different subjects, check answers, study smart and enhance memory skills.

Have you got an event or announcement you want to publicise? If so, write to: Weekender, Level 3A, Menara Star, 15, Jalan 16/11, 46350 Petaling Jaya. Or e-mail weekend@thestar.com.my

(Above) Laugh your way to better health by taking part in this laughing yoga workshop at mYoga.

They will also be given vital examination tips and ways to improve self confidence. Free for all races, but limited seats. Closing date to register is Aug 15. — Compiled by REVATHI MURUGAPPAN

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