

**THE MINE VENTILATION SOCIETY
OF
SOUTH AFRICA**

Mandela Mining Precinct, CSIR building 1,
Cnr. Rustenburg and Carlow Road, Emmarentia, 2195,
Johannesburg, South Africa

✉ PO Box 291521, Melville, 2109 South Africa



**DIE MYNVENTILASIEVERENIGING
VAN
SUID-AFRIKA**

☎ +27 (11) 482 7957
FAX +27 (11) 482 7959
E-mail: secretary@mvssa.co.za or
admin@mvssa.co.za

**MVSSA - COLLIERY
BRANCH
Women of Worth
Celebration
23 August 2024**

**Let's relax, bend and
stretch!**



**Keep calm
and put your
JAMMIES on!**

Laughter Yoga

Mental:

Prevents burnout
Enhances resilience
Stress buster
Improves memory
Boost creativity

Physical:

Boost immunity
Lower blood pressure
Decreases pain
Increases energy
Cardio fitness

Social:

Connects people
Enhances teamwork
Builds trust
Defuses conflict
Strengthens relationships

Emotional:

Improves mood
Positive mindset
Eases Anxiety
Adds joy
Feels Good!!!

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6 YOGA WITH A ZING, LET YOUR SPIRIT SING!

Venue: Scarlet A Café (11 Francois Street, Groenkol, Middelburg)
Date and Time: 23 August 2024 08:30 – 14:00
Cost: FREE
Dress Code: We encourage you to come in your most relaxing pyjamas and slippers. We are having a fun and relaxing day, by celebrating you aka WOMAN OF WORTH
RSVP: adeledauth@outlook.com / aud.engels@gmail.com

AGENDA :

MVSSA Colliery Branch Ladies Celebration

08:30 – 09:00	Welcoming
09:30 – 10:30	Laughter Yoga
10:30 – 11:30	One woman show about the 4 temperaments
11:30	Lunch and networking
14:00	Departure

Register	
Name and Surname	
Company	
Email Address	
Special Dietary Requirements	

