

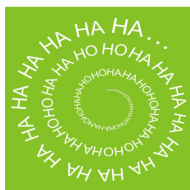
Overview

This Laughter Yoga Session will start with gentle warm-up techniques which include stretching, clapping and body movement. These help break down inhibitions and develop feelings of childlike playfulness.

Breathing exercises are used to prepare the lungs for laughter, followed by a series of 'laughter exercises' that combine the method of acting and visualization techniques with playfulness.

Who Should Attend

- All members of any team at all levels within the organisation.



Laughter Yoga

Workshop Code: BC-702 Duration: 45 Minutes

Content

Laughter Yoga is a unique exercise routine, which combines unconditional laughter with breathing exercises. We can all laugh without relying on humor, jokes or comedy.

In these playful sessions laughter is initially simulated as a physical exercise and in most cases this soon leads to real and contagious laughter.

Laughter Yoga is a technique that allows adults to achieve sustained hearty laughter without involving cognitive thought. It bypasses the intellectual systems that normally act as a brake on natural laughter.

Content

- Introduction
- Warm-Up: Hips, Stomach, Heart and Head
- Greeting Laughter
- Group Laughter Sessions

Depending on time this Laughter Yoga session may finish with an optional 'laughter meditation'. This is a session of unstructured laughter whereby participants sit or lie down and allow natural laughter to flow. This is a powerful experience that often leads to a feeling of release and joyfulness that can last for days. This can be followed by guided relaxation exercises.

Duration	Typically 45 Minutes
Dates & Location	beckinridge.com/schedule
On-Site Courses	Contact us to have this course delivered on-site or tailored to your needs