

LAUGHTER YOGA

BUILD RESILIENCE AND CONNECTION THROUGH PLAY

Inject energy, connection and a good dose of fun into your workplace with a tailored Laughter Yoga session. These interactive sessions blend playful movement, deep breathing, and contagious laughter to strengthen team spirit and creativity

Perfect for:

- Team building events • Kick-offs
- Creative retreats • Parties
- Conferences



Laughter Yoga

www.learntolaughwitherlynee.com

From boardrooms to retreats —
laughter connects, inspires, and
transforms

WHY

LAUGHTER YOGA?

- Instant mood uplift
- Encourage daily joy and reduce stress
- Lower fatigue and help prevent burnout
- Improve communication and team cohesion
 - Boost energy, focus and creativity for projects
- Spark innovative problem-solving and positive thinking
- Positive culture boost.

Contact me

 www.learntolaughwitherlynee.com

 learntolaughwitherlynee@gmail.com

Pricing is tailored to session length, group size, and location. Contact ME to discuss your preferred date and receive a personalized quote



SESSION FORMATS



KICK-OFF ENERGIZER

30 - 45 mins

Audience size : 50 and above
Kick off with a 30-45 minute experience that opens with a lively presentation on Laughter Yoga's roots and its proven impact on productivity, teamwork, and creative thinking. After exploring the science behind the laughter, we'll dive straight into an interactive laughter session together.

TEAM BUILDER

60 mins

Audience size: max : 50
This hour-long experience takes your team on a playful journey: collaborative laughter games, easy breathing techniques, and light stretching flow into an uplifting laughter meditation, wrapping up with a peaceful relaxation that leaves everyone smiling and recharged.

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Every conference packed with brainiacs needs a dose of laughter yoga



THE ART OF LAUGHTER

- LAUGH LIKE A CHILD, CREATE LIKE AN ARTIST

90 mins

Audience size : Flexible

A unique 90-minute experience that fuses the uplifting energy of laughter yoga with expressive art. Embrace your inner child – and let your laughter paint the day. Your team will laugh freely, paint boldly, and discover how play opens the door to creativity, connection, and fresh perspectives. The session ends with a shared artwork – a colorful reminder of collaboration, innovation, and joy at work

ART OF LAUGHING FOR NO REASON

WHAT TO EXPECT

IN A SESSION

- Guided laughter exercises (no jokes required!)
- Yogic breathing and light stretching
- Mindfulness and brief relaxation
- Playful team-building games for connection

THE ART OF LAUGHTER SESSION

- Guided laughter yoga to melt away tension and boost energy
- Playful creative exercises that unlock imagination
- Expressive painting inspired by laughter and emotion
- A collaborative artwork symbolizing team spirit and innovation