



Laughter Yoga Session

Length: 1hr

Delivery modes: Onsite & Virtual Sessions; Team Away Days; Conferences
- Breakout session

Details: This stress relief session involves a combination of self-induced laughter exercises, relaxation techniques, and yogic breathing. It is believed that voluntary laughter – such as this session – provides the same psychological and physiological benefits as spontaneous laughter. Other benefits include improved functionality of the blood vessels, strengthened immune system and increased team morale

Laughter is the best medicine. Current studies show this to be true. Laughter holds a multitude of benefits. The most obvious are those for mental wellbeing – with a good giggle helping to reduce stress hormones and boost moods. Laughter is a great way to improve employee relations. This session can be used as a creative way to tackle workplace conflict. It's a fun session for an anger management initiative.

Connect with WORKBLIS to discuss requirements - hi@workblis.com