



Reduce Stress & Create Happiness through Laughter Yoga

What is Laughter Yoga?

Laughter Coaching or Laughter Yoga is a global phenomenon being practiced in over 72 countries, successfully. It is a powerful tool helping business people reduce workplace stress and creates happy and energetic workforce.

How Laughter Yoga Works

Developed by Indian physician, *Dr. Madan Kataria* in 1995, it is a breakthrough laughter delivery system where anyone can laugh and practice laughter as a group exercise without relying on humour, jokes or comedy.

With prolonged intentional laughter one can exhale more carbon dioxide which oxygenates each and every cell of the body and brain. This improves efficiency, mental focus and concentration.

This innovative concept has been widely accepted all over the world and has been written about in prestigious publications like TIME Magazine, The New Yorker, National Geographic, Wall Street Journal, Daily Telegraph and many others. BBC and Google Offices are using it, Oprah Winfrey has tried and said it works, British actor John Cleese endorsed it.



Unique Features of Laughter Yoga in Business

- *Cost-effective and less time consuming.*
- *Reduces stress instantaneously & one can feel the benefits from the very first session.*
- *Scientifically proven with measureable results.*
- *Easy to practice, anyone can do it.*

Seven Reasons to bring Laughter Yoga to Your Organisation

1. *Quickest way to Reduce Stress.*
2. *Healthy Exercise for Busy People.*
3. *Peak Performance.*
4. *Team Building.*
5. *Increase Motivation and Communication.*
6. *Enhance Innovation and Creativity.*
7. *Boost Attention Span in Corporate Trainings.*



Our **Laughter Sessions and Workshops** are designed to help Companies and Organisations transform their *Performance and Increase Efficiency & Profitability.*

Bookings & Information

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Laughter for Africa

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