

# Laughter Facilitation Sessions

At Yoga Akasha 

## One-to-One and Private Group



**Would you like to add more laughter & joy into your life?**

**Are you suffering from stress and/or depression?**

I use easy laughter exercises to generate prolonged laughter to increase wellbeing

A one-on-one basis to focus on the individual's needs

I can provide group sessions which allow you to come with your partner, family or friends

### **Tell me more about Laughter Wellness?**

- ★ A fun interactive session which is paced to meet your needs
- ★ Sessions take place at Yoga Akasha – a relaxed setting in East Grinstead
- ★ Laughter exercises combined with sound, movement and relaxation
- ★ Suitable for all ages and abilities.
- ★ We can work with no movement, or move gently or move with full energy and enthusiasm
- ★ In a safe supportive environment
- ★ Laughter connects people – we work to help you connect more with yourself and with family and friends in a happy joyful way

### **Recent Feedback...**

“I enjoyed being free to express myself, I feel very relaxed”

“I liked the balance between the relaxing and laughing”

“It was fun, it's a good release of stress. Highly recommended”

## **What are the Benefits Laughter Facilitation?**

Natural laughter lasts usually for 3-5 seconds - you get scientifically proven health benefits of laughter if you laugh continuously for at least 10 to 15 minutes.... and you can with the exercises we do in a safe and supported environment.

**Whole Body Relaxation \* Tones Muscles \* Increases Energy**

**Boosts Immunity \* Helps you Stay Emotionally Healthy**

**\* Connect with Yourself & Others \***

**\* Cope better with School, Life & work**

At the end of the session you will be provided with information on how you can create more daily laughter.

## **About Sam...**

- ★ Sam leads laughter sessions with huge enthusiasm and joy
- ★ She is also a qualified registered Holistic Health Practitioner (since 2008)
- ★ Sam is a mother of two young children. Family challenges brought her to Laughter Facilitation and she has found it to be hugely beneficial for her family and many others!
- ★ Sam uses her joyful laughter and playful spirit to initiate laughter with easy exercises - without relying on humour and jokes. Contagious laughter happens!
- ★ Her intention is to bring more laughter to people's lives.

## **How much does it cost?**

The cost is £60 for 60 mins for a one-to-one session

The session can be adjusted so it is a group laughter facilitation session and the prices are as follows:

2 people in the same session = £30 each

3 people in the same session = £20 each

4 people in the same session = £15 each

### **Where are the sessions held?**

Yoga Akasha, East Grinstead, a beautiful relaxed setting in the heart of East Grinstead.

### **How can I book?**

Contact friendly Sam on 07733 224429

Or via email [sam@heartlistening.com](mailto:sam@heartlistening.com)

I work some weekends

Please contact me if you have ANY questions and I will be happy to answer them.

*I look forward to laughing WITH YOU*



**Important Note:** Laughter Facilitation is not primary healthcare. I do not diagnose conditions or interfere with the treatment of licensed medical professionals. If you have a health issue you are advised to seek treatment from a registered medical practitioner.