



WHY MORE LAUGHTER IS IMPORTANT

Great Reasons to Schedule a Laughter Session

Laughter Yoga feels so good!



Boosts Your Health

When we belly laugh, we breathe deeply from the diaphragm. This helps to draw more oxygen into our body, which expands our arteries, promoting better circulation to the body and brain. We feel energized and joyful.



The more we laugh, the better we feel! When we laugh with others, we feel connected in a good way. After we laugh, we can focus and study better. Laughter also sparks creativity!

Brighten Every Day with Laughter!

Why wait for something funny to happen to laugh? Learn how you can create your own laughter whenever you feel like it! Laughter Yoga is easy to do and is so much fun!



I choose to laugh!



Relieves Stress

Life can be very challenging and stressful. Learn how to **manage your stress levels with laughter**. Learn how to turn a potentially negative situation into a positive one. It's easy to laugh when things are going well. The trick is learning how to laugh through difficult times. Empower yourself with laughter !

Let's laugh!



Experience the laughter!



VISIT US AT LAUGHTERYOGAWITHALEXA.COM

