

HO-HO....HA-HA-HA!! – A WELLBEING WORKOUT!

“what soap is to the body, laughter is to the soul”



BENEFITS?

- Lowers stress levels.
- Boosts immune system and that protects you from disease.
- Gives you an abdominal and cardio workout.
- Improves the quality of your sleep.
- Increases oxygen to brain – you become more alert, motivated, creative, ready to learn.
- Connects you with people.
- Changes your attitude when facing life’s ups and downs...and its free!



“a day without laughter is wasted”
(Charlie Chaplain)

Happier in 5 Minutes, Ida Abdalkhani, Ted x (9 mins):

<https://www.youtube.com/watch?v=-HJG63EXCmw>

An example of Laughter Yoga with School Children – Dr Madan Kataria (2 mins): <https://www.youtube.com/watch?v=1Pa-zw6Bo70>

It looks crazy...I know!!!

Very good Very good YEY!!!