



Laughter For Living

Want a better performing team?
Are your staff stressed or not focused?
Could you and your employees
do with a good belly laugh?

Why not have

Laughter For Living

come to your place of business, school
or event for a Laughter Yoga session?

Why Laughter?

- ♥ Team building
- ♥ Higher sales & productivity
- ♥ Motivation & enthusiasm
- ♥ Increased employee retention
- ♥ Happier workplace
- ♥ Release stress
- ♥ Less absenteeism
- ♥ Better communication
- ♥ Powerful exercise program
- ♥ Great return on investment
- ♥ Healthy energetic workforce
- ♥ Develops leadership,
innovation & creativity



We
come to
you



**Laughter Yoga
is the best motivator**

Laughter Yoga is a powerful method of improving and motivating high performing teams. A happy workplace has been proven to encourage high staff retention, reduce absenteeism and create an all-round, well tuned workforce.

Laughter Yoga connects people

The benefits of laughter are scientifically documented. It's a practice that follows a systematic activity approach that guarantees fun and success to all, every time.



Melbourne, Australia Day 2012

Testimonials

Lynette has led our Laughter Yoga program twice now at our company. We really enjoy the sessions and they are great for team building and help bring the company together.
Paula Vope, Medical Manager, UCB Pharmaceuticals.

The staff reported the laughter session was very good and helped them to relax and laugh. Our work is often very stressful and this was a great help; laughter and meditation is a tonic we all need in our busy stressful lives.
Maria Peres, Chandler House, Ferntree Gully.

When...

Anytime

Where...

We come to you

How...

Contact Lynette to make a booking

Contact Details:

Lynette Mitchell

Certified Laughter Yoga Teacher

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