

# Virtual Laughter Wellness Workshop

Facilitated by Terri Weeding, Certified Laughter Yoga Leader

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STRESS, Loneliness, Fear, Boredom, Anger, Anxiety, Hopelessness, Irritability, Indolence, Burnout, Inertia, Isolation, Disconnect, Apathy, Body Aches, Loss of Appetite, Excessive Appetite, Headaches, etc, etc, etc.

No, this is not a list of side effects from a prescription drug commercial! Rather, these are commonly reported symptoms from **people isolated at home** during the 2020/21 COVID Pandemic.

While we can't control the world, we can take control of our own wellness in a fun, healthy manner!

## In this Virtual Laughter Wellness Workshop you will:

**LEARN** about the many scientifically proven health benefits of laughter for individuals and teams including: higher energy levels, stress, anxiety, and pain relief, improved mind/body resilience, enhanced positivity and performance, stronger team connections, and much more.

**DISCOVER** The Laughter Yoga phenomenon and the MD who started it. Laughter Yoga has been featured on CNN, Oprah, Discovery Channel, The Doctors, TED Talks, and more.

**PARTICIPATE** in playful laughter exercises and breathing techniques from the comfort of your computer chair. No yoga contortions required! Appropriate for older adults and people with disabilities.

Contact Terri [here](#) to schedule a virtual Laughter Wellness Workshop today. Workshops are customizable in format and length (30-60 minutes).

Certified Laughter Yoga Leader since 2012  
Over 300 Laughter Wellness Workshops delivered and counting!