



Laughter Parties and Celebrations

Planning a family event or birthday, new job, retirement, wedding, or pre-wedding party? Surprise your guests with a unique and unforgettable experience. Celebrate your special occasion with a laugh, and Surf the Laughter Yoga Wave!

No special occasion in sight? Create one! Why not celebrate life with a laugh just for the FUN of it?

Thanks to our unique qualifications in **Laughter Yoga, Art Therapy, and Traditional Yoga**, we use a variety of techniques to complement and enhance your Laughter Yoga experience, including: specialized breathing exercises, team games, laughter meditation, creativity exercises, guided visualization, and gong relaxation.

The workshops are tailored to your needs and can be held at the location of your choice – seven days a week. Contact us for available dates.

Choose from these Laughter Yoga-themed workshops:

Laugh and Dance Party (45 - 60 min): Express your joy through laughter and dance - the very basics of laughter yoga. Dance and laughter combined - an excellent cardio workout!

Laughter, Chocolate* and Mindfulness

(60 - 90 min) - A Laughter Yoga session followed by “Fully Conscious” French Chocolate Tasting! Ask for details on this unique concept.

**Chocolates by Maîtres Chocolatiers - four generations of fine chocolate crafters from Provence.*

Laughter and Creativity (3 hours) – Tap into your creative essence through laughter and let your creativity blossom! – many themes available. [Click here](#)

“As a writer, I am always searching for new ways to stay creatively productive. Laughter yoga opens my creativity to new heights and improves my overall outlook on life. It’s a must for the artist in everyone.” Leana D. McGuire

Laughter and Gong (60 to 90 min) – A laughter workshop that ends with a powerful relaxation session to the soothing sound of a 28-inch GONG – a pure treat. Seal JOY in your cells through an exquisitely deep relaxation experience.

“This was one of the best workshops I’ve ever experienced – Marvelous! The gong was a pure treat”. A participant in the International Coach Federation (ICF) Annual Conference in Orlando, Florida.

Laughter Goddess (for women) – Spend the day celebrating UZUME, the Japanese Goddess of Laughter and Mirth. As Uzume does, affirm – and confirm that *“a good laugh a day keeps the darkness away!”*

Laugh and Play (90min to 3 hours) – Laugh and play as an expression of JOY. Rediscover your inner child through *laughter and games*.

“This was a fantastic session. Fun, uplifting, letting go, connecting, present, freeing!” A participant in the International Coach Federation (ICF) Annual Conference in Orlando, Florida.

Laugh and Pamper (2 hours - full day) – Laugh and pamper yourself to s-t-r-e-t-c-h the stress away. Nurture your body, mind, and soul – a joyful and relaxing workshop for self-care and renewal.

Laughter and Story Telling (90 min to 3 hours) – Laughter and stories as a bonding exercise – A laughter workshop followed by storytelling – Replenish your energy through childhood memories – This workshop is offered in collaboration with **Robert A. Lavigne**, Professional Story Teller - www.jomapple.com