



LAUGHTER YOGA (CHALLENGE!)



Activity Summary:

Inspired by Hasyayoga a practice involving prolonged voluntary laughter, the Laughter Yoga Challenge is based on the belief that voluntary laughter or laughing without any reason, provides the same physiological and psychological benefits as spontaneous laughter. Infact, research has proved that just 10-20 minutes of fake or real laughter has a profound benefit on the human body. The effective blend of laughter and breathing results in multiple health benefits, primarily increasing the supply of oxygen and boosting the immune system.



Duration

1 hours



Where this can be run

Physical or Virtual



Group size

20 – 500 People



Customization

Possible

Is this workshop right for my team?

This activity is a wonderful way to bring teams together in a easy relaxed manner – either at offsites packed with the “official agenda”, at office premises where there is a large enough conference room or even virtually with each person logging in from home or a distant location. The underlying message of the activity is for all of us to stay relaxed and not take ourselves too seriously, regardless of the roles we perform in our corporate jobs every day!



Website Link:

<https://focusu.com/laughter-yoga-challenge/>