

# LAUGH

WITH COACH JILL FELTS



Release  
& Renew

## BRING LAUGHTER TO YOUR WORKPLACE

When we feel good in our workplace, we work well together, and our positivity is reflected in heightened performance, less absenteeism, lower staff turnover, more positive relationships with colleagues and ultimately better productivity.

Jill's (in-person or virtual) **Laughter Yoga workshops** are perfect for **workplace wellness programs, team building retreats, and conference ice-breakers**. They are tailored to your workplace needs, helping staff feel energized, focused, motivated and connected while having heaps of fun in a relaxed setting.

## LAUGHTER GIVES US A GOOD D.O.S.E.!

D

### Dopamine

Associated with pleasurable sensations, along with learning, memory, motor system function, and more.

O

### Oxytocin

Associated with trust, empathy, and relationship-building. It has bonding power!

S

### Serotonin

Key hormone that stabilizes your mood, feelings of well-being, and happiness. It impacts your entire body!

E

### Endorphins

When released they reduce stress, alleviate depression, boost self-esteem, and give a sense of euphoria!



### Need a Conference "pick-me-up" revival?

Surprise conference participants with a short-burst laughter yoga session that will energize and sharpen focus once the Laughter Exercise session has finished! This short-burst 15-20-minute session is more effective than caffeine! It is ideal to grab attention at the start of a conference or as a pick-me-up revival mid-morning or mid-afternoon. **Request Information.**

**Certified Laughter Yoga Instructor, Healing Touch and EFT Practitioner & Coach**

Learn more about Jill's coaching practice for individuals and groups at  
[www.coachjillfelts.com](http://www.coachjillfelts.com)

## What happens in a 30-45 minute Laughter Yoga Session?

Laughter Yoga has four key components:



- Clapping
- Breathing
- Laughter Exercise
- Child-like Playfulness

Jill, a certified Laughter Yoga professional, begins by explaining the benefits of Laughter Yoga. Then guides the group through gentle stretches, instructions for various laughter and breathing exercises, and ends with a guided relaxation.

## 5 Compelling Reasons to Bring Laughter Yoga to Your Workplace



### Relieve Stress

Participants feel the difference in the very first session.



### Find Focus

The laughter exercises increase the body's net oxygen supply for optimal performance, concentration and energy.



### Spark Creativity

The playfulness taps into the right side of the brain, the seat of creativity. It nurtures fresh ideas.



### Feel Healthier

"Laughter is the best medicine." Studies have shown that laughter strengthens the immune system. It's aerobic too!



### Feel Connected

Our "masks" get lowered so we get to know each other in a playful way. Laughter Yoga develops collaboration, positive attitudes, and trust.

**Add these together and you have a vibrant, productive workplace  
with greater job satisfaction.**

Let's set something up!

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