

Hello NHS Organizations...

...would you like to help your employees to improve and sustain healthy mental health habits through the pandemic?

Do you want to support your teams getting active and having a bit of fun together?

If the answers are yes, then we should team up!

We're a business called LaughterCise. It's ever so nice to meet you. We worked with numerous NHS organisations last year delivering wellbeing sessions and wellbeing events, with great results.

We make wellbeing fun. We stretch muscles, calm minds, warm hearts and tickle some ribs. Our sessions include yoga, mindfulness, meditation and our signature sessions are sprinkled with energy, smiles and chuckles.

Stress? Released.

Anxiety? (poof) Gone.

We will make your team feel full of beans (just without the gassiness).

We would be delighted to offer any NHS organizations a 'virtual wellbeing event', that includes 10 sessions, at a considerably reduced price of £600.



"The team at Mersey Care absolutely loved their sessions. They were fun and different but, most importantly, helped the team to release some tension and stress. This is a wonderful opportunity the team at LaughterCise are giving us at this difficult time. I urge you to take full advantage of it and spread some much-needed wellbeing and laughter to the teams."



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– The Joy Of Laughter –



What your event would look like:

Your sessions can be on MS Teams or Zoom and we will send you all the links. The sessions can be spread across two or three weeks, giving your employees plenty of opportunity to get a good dose of wellbeing. There are no limits to how many people can join a session. Each of the following sessions are 30 minutes and you can have 10 in total:

Mindfulness Sessions

These sessions are about deep breathes, zen, mindfulness and nothing else. They will get your employees feeling energetically calm and ready to take on the world one breath at a time

Wellbeing Sessions

These sessions are a mixture of yoga, stretching and deep breathing. They will make your team feel like flexible ninjas

The Revive 30 sessions

These are our signature sessions. They include everything. Movement, fun, chuckles and zen. What's not to like about that? They will get your teams feeling revived, rejuvenated and reconnected. If you would like to see what a session looks and sounds like, pop over to www.laughtercise.uk

This is what an NHS Revive 30 session sounds like:

[NHS Laughtercise Contagious Chuckling Video](#)

Warning! This video contains contagious laughter and it will make you chuckle!



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About us:

When we launched Laughtercise, people laughed at us.
Well...do you know who's laughing now?
Everyone :)



Aaron, Laughtercise Owner &
Chief Chuckler



Harriet, Laughtercise Chief
Chuckler

We launched the brand Laughtercise in May 2020. We are currently working with the NHS, universities, schools, third sector organizations and we have worked with fifteen organizations that feature in The Sunday Times list of the 'Best Companies' to work for in the UK 2020.

Aaron is trained in Laughter Yoga, Fitness Instructing, Nutrition & Personal Training. Harriet is trained in Laughter Yoga and has 15 years of experience teaching Yoga to adults & children. We are both DBS cleared.



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Feedback on our work:

"The whole team is talking about our session. We keep smiling and chuckling about it!"



COOPER PARRY

"Our first session was amazing and we've had lots more since. A few colleagues were a little apprehensive beforehand but we all absolutely loved it and couldn't stop laughing. Laughtercise sessions are now part of our employee benefit offering and they have greatly improved morale"

"Everybody needs this in their lives! It boosted my energy to refocus in the afternoon. I feel more connected with my colleagues"



"We absolutely loved our session. It was surprisingly not cringey at all. It was a great activity for the team in the current climate. We've even been doing some of the laughter exercises in team meetings!"

"If you're apprehensive about doing a session, just go for it...don't be scared, it will be one of the best things your team can do. Get out of your comfort zone and add some wellbeing into your life".



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"I had an immediate wellbeing boost that lasted the whole day and over the weekend. The spin off was the warmth developed in relationships with all colleagues who participated, which has lasted since the session. Would highly recommend."

"I was a bit skeptical at first, but soon got into it and laughed so much my cheeks ached. It was a very bright spot in what has become a very dark time. I felt a lot of tension released after the session, so I had obviously been stressed beforehand and not realized."



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