



## Laughter\* (yoga) Session

**Free** for Bold and Beautiful swimmers,  
laugh and get warm just before your swim!

This is no joking matter! ☀️

The session will be facilitated by a trained laughter coach - who will guide you through a series of laughing exercises designed to get you laughing, without jokes or tomfoolery!

Wanna know more?

<https://laughteryoga.org/laughter-yoga/about-laughter-yoga/>

### **DETAILS of the session:**

When: Thursday 14<sup>th</sup> June

Time: 6.10am for 6.15am sharp start

Duration: 30 minutes

Where: Meet on the sand near the Surf Club

What to bring: Your warm clothes if it is cold and maybe a towel to stand on (socks!)

How much: Free

Speak to me Lesbubs if you need more info...

**This is a trial run, if it goes well we will do more.**

### **\*Benefits of laughter:**

- reduces levels of stress hormones in the body
- boosts the immune system
- is an effective aerobic exercise
- leads to improved circulation
- has an anti-ageing effect on the body
- has been shown to have positive affects on psychological problems
- brings hope and creates psychological distance from problems
- reduces high blood pressure
- increases the levels of endorphins in our bodies
- creates a positive emotional state
- removes inhibitions
- enhances the free flow of emotions
- can dislodge blocked emotions stored in the body.