



Laughter Yoga

Learn to laugh your stress away! Experience laughter's impact physically as it reduces stress, releases endorphins & lowers BP.

- + What is value-based laughter?
- + Learn facts about laughter
- + Learn to laugh and reduce your personal stress
- + Explore the benefits of laughter
- + Participate in laughter exercises
- + Change the way that you look at life!

★Recommended Option

Target	Front-Line Staff	Registered Staff	Managers
	●	●	●

Schedule	1 Hr *	1½ Hr *	3 Hr *	Full Day	Multi-Day
		●	● ★		

*can be repeated multiple times throughout the day.

Extras	Handouts	Posters	Certificates	Info Binders
	●	●		

NOTES:

This workshop is provided by Patricia Butcher, FCS International.



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