

Laughter Yoga Sessions That Break A Smile, Not The Bank

Thank you for requesting your price guide.

Here you'll find all the info about your Laughter Yoga Session, including:

'Ow much
'Ow it works, and
'Ow to book it



Sooo...How Much Does A Laughter Session Cost?

Online Team Laughter Yoga Session – From £247 (for 20 people or less. Price increases with more people with a limit of 500 people on any one call) Hosted on Zoom, or your own preferred team platform – Each session typically runs for 30 minutes, but expect the effects to last way longer!

Laughter in the Workplace – Laughter Yoga Session - From £547 – For up to 40 people, hosted in your workplace or office. Each session typically runs for 40 minutes, which makes for the perfect lunch break belly buster. (Travel and accommodation costs not included and charged in addition to this fee.)

Laughter Keynote Speaker - From £497 – Known as “the energizer”, my 15-minute keynote talk is the perfect dose of adrenaline either at the start of the day, or for that post-lunch slump spot. Either way, this laughter lift keynote has and continues to be the talking point of any event. High octane fun from start to finish, just imagine the vision of your entire audience in fits of giggles with the sounds of laughter filling the entire room. (Travel & accommodation costs are charged in addition to this fee.)

It really is a sight and sound to behold.

“ We invited Pete to hold two Laughing Yoga sessions for our company this week for Mental Health Awareness month, and the feedback we received from our employees was incredibly positive! The laughing and breathing techniques he showed us were great, and it was interesting learning all of the great benefits laughter brings to us. Plus it was fun to take a laughing break at work. Pete did an amazing job, great facilitator! We would definitely welcome him back again.”

Katie Flynn - HR Director



Buy One Give One Mission

"Give A Little Bit, Give A Little Bit Of Your Laugh To Me"

For every laughter session purchased, I have committed to **donate one remote session to a charity or cause of your choice.**

Just my way of **spreading the joy of laughter** as much as possible.

“

Pete was super professional from start till end. He holds great communication skills and went the extra mile for our virtual event in Dec 2020. The quality of his laughing yoga session as well as props etc used was fantastic. Pete managed to engage a higher audience level than expected, thank you! I would highly recommend Pete and his services to experience a unique style of yoga !

Sevgul Kazak - Virtual Events Specialist



CLICK HERE TO BOOK YOUR DISCOVERY CALL WITH PETE

(this is a **15-minute call** to discuss exactly what laughter session you need. We can **also book your session** on this call, too)

The Quick Science-y Bit Behind Laughter Yoga

Did you know that the body doesn't know the difference between a real laugh and a fake laugh?

That's how this whole Laughter Yoga thing started!

Within 10-15 minutes of Laughter Yoga, you will start to laugh uncontrollably, releasing lots of lovely bubbly endorphins and having a cracking talking point for the dinner table, too.

How Does A Remote Laughter Yoga Session Work?

Each remote session is around 30-minutes, which is the optimum amount of time that the brain can focus on one thing without getting bored and all 'wonder-y'.

We'll start by introducing the benefits of laughter with a very brief explanation on how Laughter Yoga was discovered.

Then, the fun begins. Following this, we'll have 20 minutes of interactive laughter, where I'll guide you through various laughing and breathing exercises.

Within minutes, participants will get caught up in the sheer joy (and amusement!) of it, so what started as controlled laughing, almost definitely turns into a flow of genuine fits of full belly-busting giggles.

Finally, we'll end with a relaxing grounding meditation to bring everyone back to a calm and centred mindset, ready to take on the rest of your day.



WATCH A CLIP OF A VIRTUAL SESSION IN ACTION



Pete held a 30 minute laughter yoga workshop for our team of 20 yesterday, which was excellent. The whole team were in fits of giggles. It was a great mood booster and enjoyed by all. The guided meditation at the end was a bonus. Highly recommended."

Lily Miller - CFO - Planet Mark



What About In-Person Laughter Yoga Sessions – How Do They Work?

You know when someone can't stop laughing and it sets you off too?

That domino effect is what makes in-person Laughter Yoga Sessions way more fun and way more effective, as no amount of technology can mimic the belly-tingling euphoria of being in a room of people uncontrollably laughing together.

(You may have even cracked a smile at the sheer thought!)



Though the structure of the session is the same as the remote version, there's a much bigger emphasis on making people feel at total ease here, which allows people to fully let go and enjoy every second.

It really is a 'you just have to be there' kind of experience. Truly one of a kind.



WATCH A CLIP OF AN IN-PERSON SESSION IN ACTION

“ The energy in the meeting was fantastic - such a positive vibe and everyone really genuinely loved it, (and felt better for it)! Our wonderful employees are still talking about it so huge thanks for providing such a great session.

Holly Roberts - HR Manager - Studio 71



“ Pete has a gift. His passion can be seen and heard from the moment you meet him. His energy tells you he has found his calling, his purpose and his laughter yoga session will leave you feeling uplifted, happy, energised and feeling awesome.

Steve Ody - Director

“ Pete has a real talent to get all around him laughing and relaxing. Laughter is such a great way set off the day and after my session with Pete I felt super productive. I recommend everyone takes a regular dose of Pete laughter magic.

Susanna Reay mba - Director



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The Longer Science-y Bit Behind Laughter Yoga

New research is showing just how powerful laughter yoga can be on our health and wellbeing, proving that it can reduce anxiety, stress and improve blood circulation.

If you take yourself back to a time you couldn't stop laughing, you'll probably start to smile, as that euphoric feeling is the result of thousands on endorphins being released, helping you remember and enjoy the memory so much.

And do you want the even better news? You can get this feeling on demand, without comedic stimulus!

After just one session of Laughter Yoga, you will:

- Notice an immediate reduction in stress and anxiety
- Release thousands of 'feel good' endorphins
- Experience a sensation of total happiness
- Notice relief in any pain you've been carrying
- Feel energised and 'pumped up'
- Feel comfortable around other people in the room

The long-term benefits of continued Laughter Yoga include:

Improved immune system

A noticeable difference to your thinking patterns, that go from negative to positive (this is because laughter yoga released neuropeptides that help fight stress and anxiety)

Relief of pain longer term. Laughter allows the body to produce its own painkillers!

Increased personal satisfaction. Laughter can make it easier to cope with difficult situations and connect with other people.

Much-improved mood!

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How Did Pete Cann Become The Laughter Man?

Walking through a festival back in 2017, I heard laughter; thinking it was a comedian, I followed the sound. What I was greeted with was not a comedian at all, but 100 people lying on their backs laughing; this was Laughter Yoga.

The following day, I attended the whole session and had a light bulb moment; I felt relaxed and at ease with myself, less stressed and the happiest I had felt for some time.

Having run my own business (a chef recruitment agency) for over 10 years I have had many challenges thrown at me. Through laughter, I have finally found a fantastic coping mechanism to deal with the day to day stress and strains of running a busy business. My mission - to spread the joys of laughter.



So, Are You Up For A Laugh?

If the thought of a Laughter Yoga Session has tickled your funny bone, then let's get this party started

Whether it's a session for your team, an event, or even yourself, I can help you.

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