



## Adventures in Wellness – Laughter Yoga Sessions

Bring joy, connection, and wellbeing to your team with a guided Laughter Yoga session. Sessions combine playful movement, intentional laughter, and simple breath techniques to reduce stress, boost mood, and strengthen team connection.

### Session Options & Rates

Session Length	Up to 20 People	21-40 People	41-60 People	Notes
<b>15-30 minutes</b>	\$395	\$495	\$595	Quick, high-energy session to lift spirits or start an event
<b>50 minutes</b>	\$495	\$595	\$695	Standard corporate/team session for connection and stress relief
<b>75 minutes</b>	\$595	\$695	\$795	Extended session for deeper engagement and extra exercises

### Additional Information:

- Minimum session rate is \$395.
- All sessions are accessible for all abilities—no equipment required.
- Can be offered in-person or virtually.
- Custom packages available for nonprofits, recurring sessions or larger events.