

Bring Joy & Laughter to Your Team

Laughter Yoga Sessions



Reduce work-related stress & tension ✓

Boost energy and focus at work ✓

Connect more with colleagues ✓

Supports better teamwork and communication ✓

Promotes optimism and creativity ✓

**Bring fun, lightheartedness,
& joy into your team** ✓



Adventures in Wellness

LEARN MORE

www.adventuresinwellness.ca



"Lora brings a presence that's genuine, grounded, and deeply caring. Her approach to wellness is fun, light-hearted, and refreshingly human. Our team experienced her laughter workshop, and it was honestly one of the best team sessions we've ever had. I left feeling lighter — almost detoxified — as if the stress I carried that day had dissolved from head to toe. I laughed so hard I had tears in my eyes."

**- Nelson Liem,
Founder and CEO of Exmerce**

Bring Joy & Wellness to Your Workplace with Intentional Laughter!

Whether in the office, at a retreat, or during a team-building session, Laughter Yoga is a fun, inclusive, and rejuvenating experience for everyone. Through movement, breath, and intentional laughter, participants release tension, refresh the mind, and cultivate a positive, relaxed spirit.

Book your discovery call today and help your team release tension while having fun!

✉ hello@adventuresinwellness.ca

🌐 www.adventuresinwellness.ca

