



Live Laughter Yoga for Senior Living Communities

A joyful 45-minute experience of breathing, laughter, and gentle movement — guided live by our team and adaptable for seated or standing participation.



1 WHAT IT IS

Laughter Yoga blends **gentle movement**, **deep breathing**, and **playful intentional laughter**. No jokes, no comedy — the body responds to chosen laughter much like it does to spontaneous laughter. The result is a simple, uplifting experience residents can feel right away.

2 WHY COMMUNITIES LOVE IT



The session residents don't skip

Playful, social, and joyfully different.



Easy for your team

We guide the full 45 minutes live; your team simply gathers the group on one screen.



Accessible for residents

Seated or standing; wheelchairs and walkers welcome; no experience needed.



Good for staff too

Shared laughter can lift the mood of the whole room.

3 WHAT RESIDENTS MAY FEEL



Brighter mood

Joy and laughter can help reduce stress and lift spirits.



Deeper breath, more energy

Laughter and breathing increase oxygen flow.



Connection

Shared laughter encourages social engagement and eases isolation.



A positive glow

Residents often leave lighter, more present, and uplifted.

4 A NOTE ON THE SCIENCE

Laughter Yoga was developed in 1995 by Dr. Madan Kataria and combines voluntary laughter with yogic breathing.

Research suggests laughter and deep breathing can help reduce stress, support wellbeing, increase oxygen intake, and encourage social connection.

5 HOW IT WORKS

1 We send the link



2 Residents gather on one screen



3 Our team leads all 45 minutes



Nothing to install. Nothing extra for your team to run.

6 SIMPLE PRICING

SINGLE CLASS

\$175

Perfect for a special event or first try

ONCE A WEEK

\$155
per class

A steady rhythm residents can look forward to

BEST VALUE

TWICE A WEEK

\$135
per class

Designed to fit gently into an activities budget.

7 FEEL IT FIRST

You, your team, and your residents are warmly welcome to try a free class before booking.

English — Wednesdays • 8:00 AM CST

Spanish — Mondays • 10:00 AM CST

RSVP at myjoytogo.com/event-list

Let's put laughter
on your calendar

Scan to learn more
or book a session



www.myjoytogo.com



contact@danceandlaughwellness.com