

DANCE & LAUGH WELLNESS

FOR YOGA & WELLNESS STUDIOS

P R E S E N T S

My Joy To Go

**Live Laughter Yoga, delivered
straight to your studio.**

45 minutes of breathing, laughter and gentle movement — guided live on Zoom by a certified teacher. Nothing to install, nothing to learn, nothing to teach.

45 MIN, FULLY LED

ZERO SETUP

EFFECTS YOU FEEL IMMEDIATELY

Radiate joy through movement and laughter

danceandlaughwellness.com

WHAT IT IS

Laughter Yoga, made simple

Your schedule is full of beautiful classes — and your students still walk in carrying the week on their shoulders. Laughter Yoga blends **gentle movement, deep breathing and playful, intentional laughter**. No jokes, no comedy — the body responds to chosen laughter just as it does to the spontaneous kind. And **the effects are immediate**: people feel the shift before their very first class ends.

Why studios add it to their schedule

● A class nobody else offers

Be the studio people talk about. Laughter Yoga makes your schedule stand out — and gives current members a reason to fall in love with your space all over again.

● Fills the quiet slots

Mid-morning, lunchtime, Sunday community hour — the times that are hard to program become the sessions people plan their week around.

● Zero added to your plate

No teacher to hire, train or pay. We lead all 45 minutes live — your only job is opening the room and pressing one button.

● Opens your doors wider

No flexibility, fitness or experience required — it welcomes the people who feel intimidated by a regular class, and turns first visits into memberships.

Why your students will love it — from the first minutes

● Stress drops fast

Hearty laughter shifts the body out of fight-or-flight — the tension leaves before class even ends.

● Cardio without the workout

Laughter-breathing floods the body with oxygen — an energizing boost that works standing or fully seated.

● An instant mood lift

Laughter sparks the body's own feel-good chemistry and eases the chronically elevated cortisol that wears people down.

● Belonging that brings them back

Laughing together dissolves barriers in minutes — the kind of connection that turns visitors into regulars.

A NOTE ON THE SCIENCE

Laughter Yoga was developed in 1995 by Dr. Madan Kataria, a physician in Mumbai, India, and is now practiced in over 100 countries. It pairs voluntary laughter with yogic breathing (pranayama). Research on laughter suggests it can help lower chronically elevated stress hormones such as cortisol, lift mood, increase oxygen intake, and support wellbeing and social connection — with gentle exercises suitable for nearly every age and ability.

HOW IT WORKS • THREE STEPS, NOTHING TO SET UP

①

We send you the link

A private Zoom link — nothing to install or set up.

②

Your group joins on one screen

In your studio room, or from home.

③

We lead all 45 minutes

Breathing, laughter and gentle movement — fully guided.

PRICING • PAY LESS, THE MORE OFTEN YOU BOOK

Flat, simple pricing

SINGLE CLASS

\$175

one-time or occasional

Perfect for a workshop, an event, or a first try.

ONCE A WEEK

\$155

per class

A standing slot your students look forward to.

BEST VALUE

TWICE A WEEK

\$135

per class

Real momentum and the lowest per-class rate.

Do the math: at a \$15 drop-in, just 12 students cover the class — and everything above that is yours. Fold it into your membership instead, and it becomes pure retention: a class your students can't get anywhere else, at no extra teaching load.

FEEL IT FIRST

Come to a free class

You and your students are warmly welcome at our free live Laughter Yoga classes — come feel it before you book anything.

ENGLISH

Wednesdays • 8:00 AM CST

Free live Laughter Yoga, open to all.

SPANISH

Mondays • 10:00 AM CST

Clase gratuita de Yoga de la Risa.

Free to attend — just RSVP at myjoytogo.com/event-list and we'll send you the link.

Let's put laughter on your schedule

Reply with a good date and we'll find your slot.

Sophie & the Dance & Laugh Wellness team

contact@danceandlaughwellness.com
danceandlaughwellness.com • myjoytogo.com • [#danceandlaugh](https://twitter.com/danceandlaugh)