

Ordinary humans laughter hangout

An online space where you can connect with ordinary humans, share in the wonders of laughter, guided relaxation and hang out for a while to talk about stuff.



May Days

6th, 14th and 20th

8.30am / 2pm / 5pm

On Zoom

(45 minutes)

An online space where you can connect with ordinary humans, share in the wonders of laughter, guided relaxation and hang out for a while to talk about stuff. Our 30-minute laughter and relaxation sessions with an optional 15-minute hang out tagged on at the end where we get to talk about stuff is proving a huge sensation with those who turn up.

They take place on Zoom, and you can access them from the comfort of your own home. They are an opportunity to **RECHARGE, RETHINK AND REIMAGINE** your world - right now!

The Human Benefits:

- **Boost Your Immune System**
- **Liven Up Your Lungs**
- **Kick Back At Stress**
- **Keep On Moving**
- **Increase Oxygen Intake**
- **Pump Endorphins and Serotonin Through Your Body**
- **A Complete System Workout**

The Orange Club UK in collaboration with West Midlands Employers and North West Employers are offering sessions for anyone across the West Midlands and North West region to experience laughter yoga at its best, that will boost resilience, relax your body and mind, and connect you with others.

Register Now! (£15pp)

Do you want an in-house session for your organisation or team? Get in touch: info@wmemployers.org.uk

Human Talk

A great 'lifter' from a well being perspective... everyone had a beam on their face – a proper smile in your eyes too! A great way to start the week Thanks to Gary. **Gail**

Thanks so much. Fab way to start the day and amazing how quickly forced laughter became the real genuine thing. Really enjoyed it and feel energised!
Sue

Thank you so much for setting up this session – what a great way to start the day. I feel so energised and the laughter with strangers was brilliant and shows how we're all human! I loved the short meditation and the notion of my inner smile radiating out to the world will stay with me.

Well done on doing something different and so useful at this time.
Sharon

'Amazing how much more comfortable I now feel after only 3 sessions. The benefits are lasting too, I feel fantastic, calm, positive, and completely content and that increases with each session I do. Your sessions should be available on the NHS - I think everyone should give this a try, it is the best 30 minutes of my day right now and the effects are staying with me and I feel better and better with each day. Solid GOLD'
Louise

