

# LAUGHTERCISE FOR HEN PARTIES!

We're Laughtercise and we're world-famous for the most tittering of group wellbeing and fun sessions. If you're looking for normal or serious, then you're in the wrong place pal. Our place is full of fun. Can you remember as a kid when you jumped in a play pit of balls? Yeah, that's our place.



## WHAT TO PREPARE FOR THE SESSION:

- Your best smile
- Your best laugh
- Your best lycra outfit (Joking, please do not wear lycra, no one wants to see that)



## DURING THE SESSION YOU WILL:

- Do interactive & social games that are so fun (and challenging) that they naturally produce smiles and giggles
- Have your brain cells challenged by our unique 'Brain Buzz' games
- Laugh and smile more in 1 hour than you normally do in 1 year!



## AFTER THIS SESSION YOU WILL FEEL:

- Closer friends with all the other hens!
- Full of beans (but without the gassiness)
- Ready for the gin
- Ready to dance on tables

We look forward to making you grin before the gin!

Do the 'Brain Buzz' below to get yourself warmed up...

Step 01



With one hand, do a thumbs up

Step 02



With the other hand, point with your index finger to the thumbs up you're making

Step 03



Now, here's the difficult part. Switch hands!

Step 04



Keep switching as fast as you can! Keep going & keep practicing