

THE MERRY MEETING { LEVEL 1 }

We're Laughtercise and we're world-famous for the most tittering of team building sessions.
If you're looking for normal or serious, then you're in the wrong place pal.
Our sessions are full of fun, smiles and giggles!



WHAT TO PREPARE FOR THE SESSION:

- Get ready for your brain cells to be challenged
- Get ready for a great dose of feel-good
- Bring your best smile
- Bring your best chuckle
- Bring a refreshing drink



DURING THE SESSION YOU WILL:

- Do interactive & social games that are so fun (and challenging) that they naturally produce smiles and giggles
- Smile and laugh with everyone
- Have your brain cells challenged by our unique 'Brain Buzz' games



AFTER THIS SESSION YOU WILL FEEL:

- Re-charged and re-energized
- Closer and more connected to your colleagues
- Full of beans (but without the gassiness)
- Ready to smile and laugh yourself through the chaos of the world!

You will be doing level 1 of our sessions (there are 2). You will need to prove your worth to move on to level 2. There is no end of level boss, but we expect a good performance. Will you prove yourself to be a clever sausage or a dull doughnut?

We look forward to seeing you soon! Do this 'Brain Buzz' 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

CHECK OUT WHAT SESSIONS LOOK AND SOUND LIKE AT
WWW.LAUGHTERCISE.CO.UK