

THE VIBRANT VIRTUAL [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!

HO HO

WHAT TO PREPARE FOR THE SESSION:

- Your best smile
- Your best laugh
- Enough space around you to swing a cat (however, we won't be swinging any cats in the session)
- Your best lycra outfit (joking, please do not wear lycra 😊)

HEHE

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

HAHAHA

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