



5 TIPS

on benefits of a Laughter Yoga Adventure Camp

1. Bond

Laughter Yoga is a social glue and we help people bond. But it is us, Laughter Yogis, who should have strong relations and nourish cooperation. In that manner, the LYA Camp is a natural glue spot as we all are in the same place doing everything together, so there is plenty of room to get to know each other, learn from each other, develop strong bonds and make quality networks.

2. Confidence/Trust/Respect

At the LYA Camp we do everything together, even though we have a Laughter Adventurer every day, everyone is participating with their knowledge and experience. Participating and exercising in a comfortable, incentive environment at the LYA Camp will help LY professionals to develop confidence in them self and others. Through the tasks and exercises in the LYA Camp, participants will learn more about each other which contributes to a deeper relationship and trust amongst everyone. Good communication and knowledge in a fun and relaxed environment at the LYA Camp results in great respect.

3. Hidden potential

Once one participates in such environment of togetherness, equalness, co worker and support - healthy collaboration, we discover each others potentials which helps all of us to evolve personally and professionally, encourage creativity as well as tap into new and future Laughter Yoga development.

4. Health & Exercise

We spend most of our time indoors seated at desks with not much exercise which penn up our energy. The LYA Camp cater specifically to promoting physical activity in adults and children alike. Featuring a multitude of outdoor activities, hiking, rafting, Zip lining, canyoning, sunbathing, grass volleyball, outdoor gaming, and other team sports play. LYA Camp will definitely meet your energy levels and maybe even boost them! We will have loads of fun running through a healthy lifestyle

5. Connection with nature through play

The LYA Camp is a wonderful antidote to “nature deficit disorder” (meaning that human beings are spending less time outdoors resulting in a wide range of behavioral problems, a description of the human costs of alienation from the natural world) to the narrow experience of modern indoor life. Outdoor experience enriches our perception and supports health. The LYA Camp gets us back outside.

Spending the days being physically active, unplug from technology – replug with nature and people. Free from the overly-structured, overly-scheduled routines of home and work, life at LYA Camp gives us much needed time to just play. LYA Camp is a slice of carefree living where adults can relax, laugh, and be silly all day long.

At LYA Camp we play!

If you feel good when you laugh, laugh so you feel good.