Merrie Maggie's Evaluation of Laughter Yoga sessions

January to December 2019

Sessions: 6 Participants: 49

The topics covered are as follows:

Enthusiasm

Energy level

Mood

Optimism

Stress level (how 'stress free' do you feel)

Level of friendship with group members

Level of awareness about your breathing

Level of muscle relaxation

Level of mental relaxation

Ability to laugh for no reason

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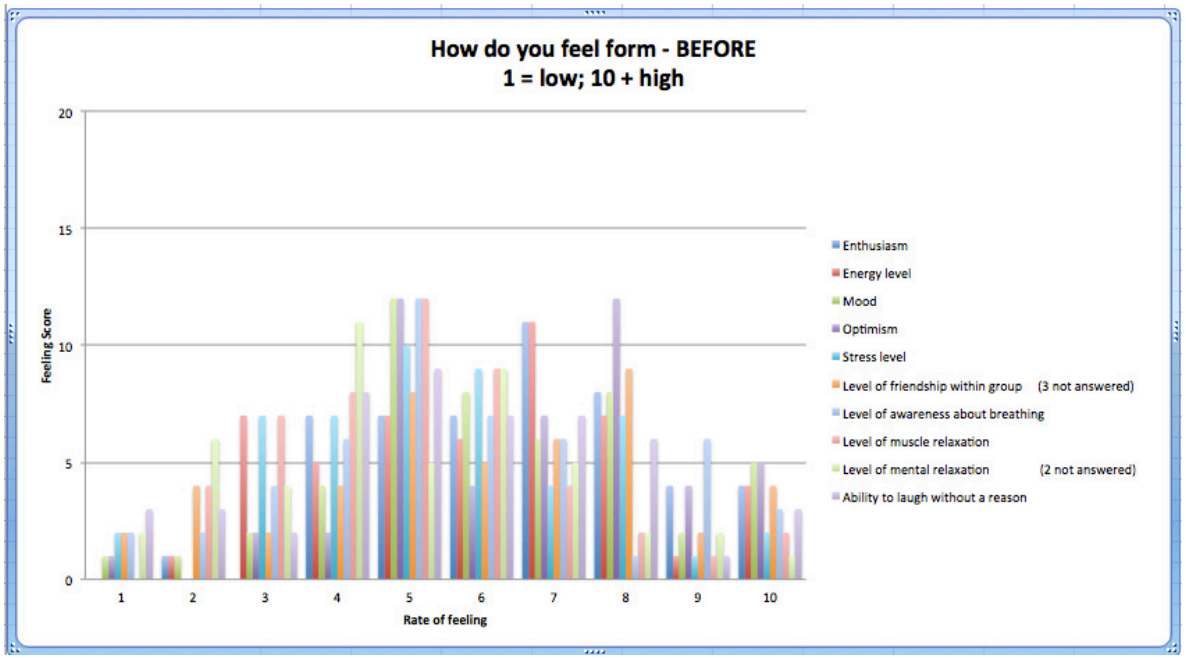

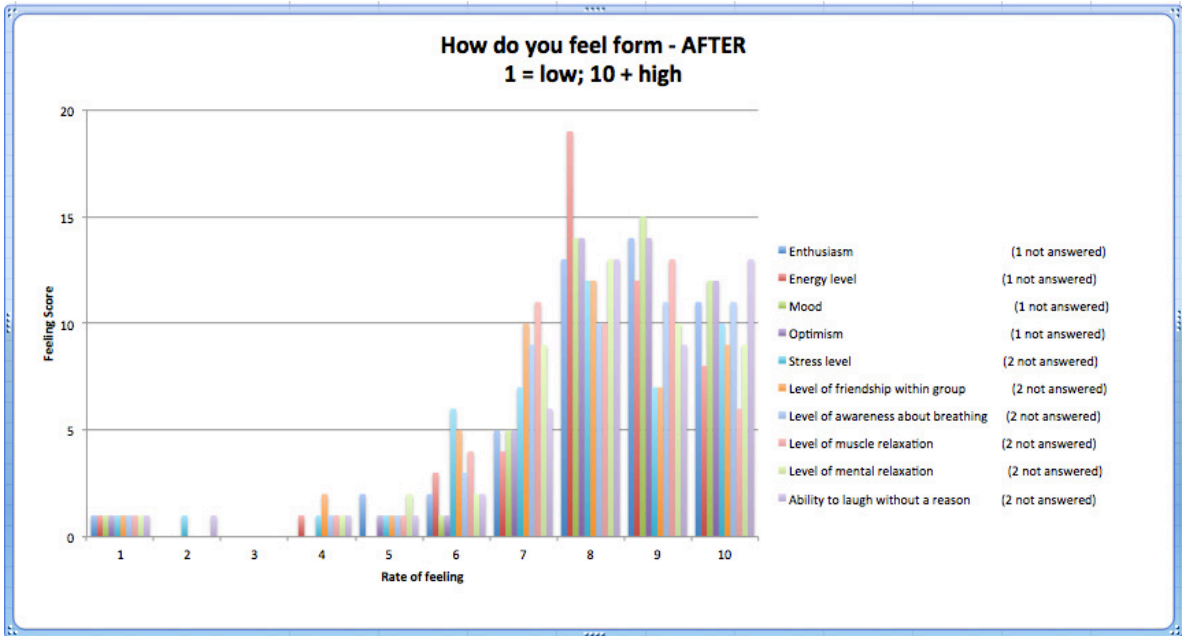

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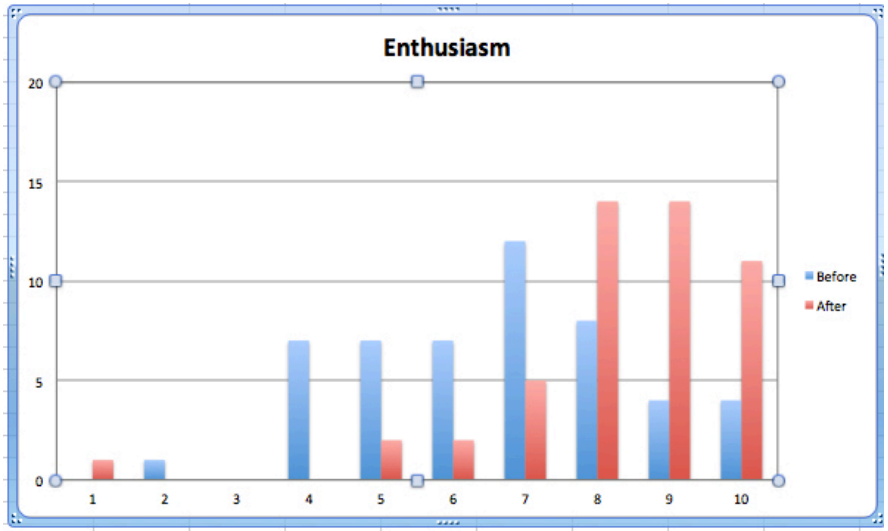

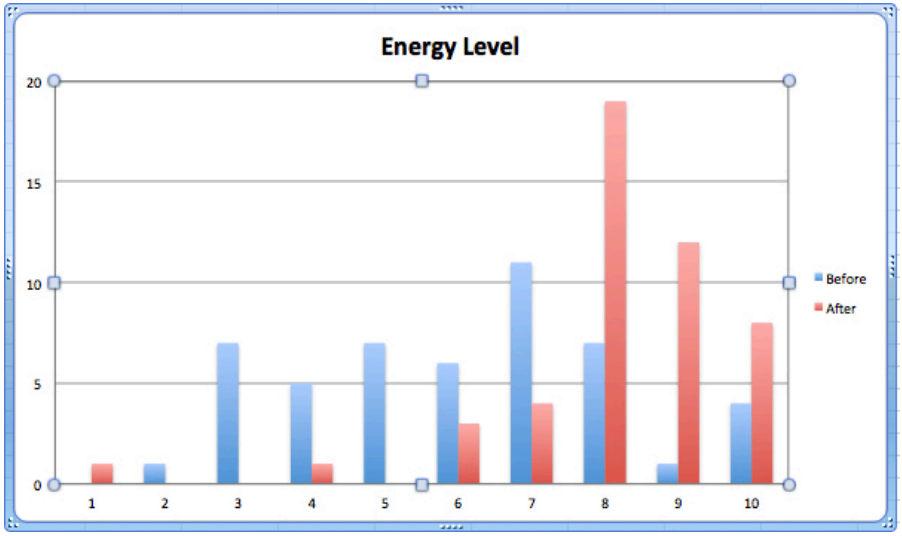

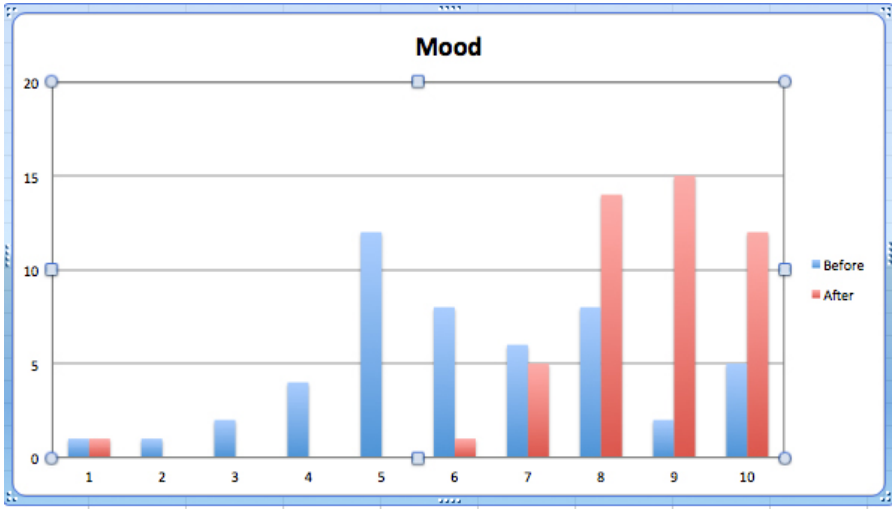

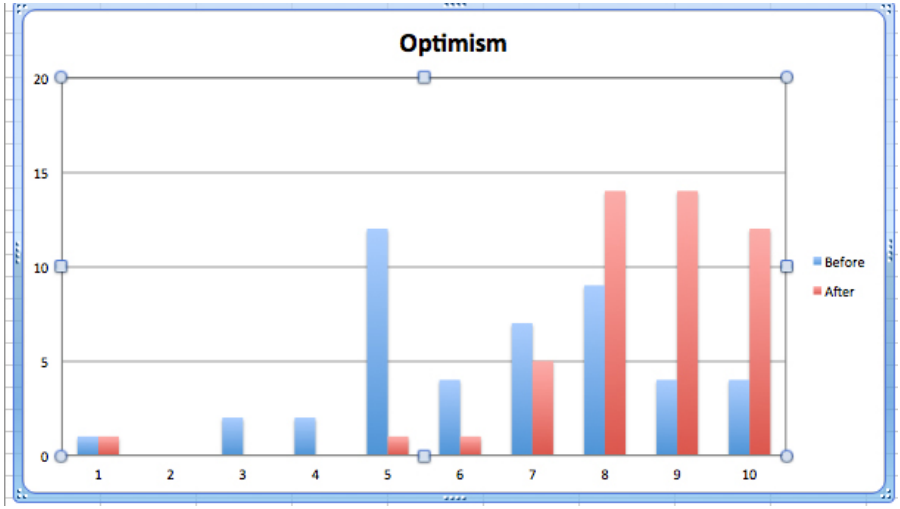

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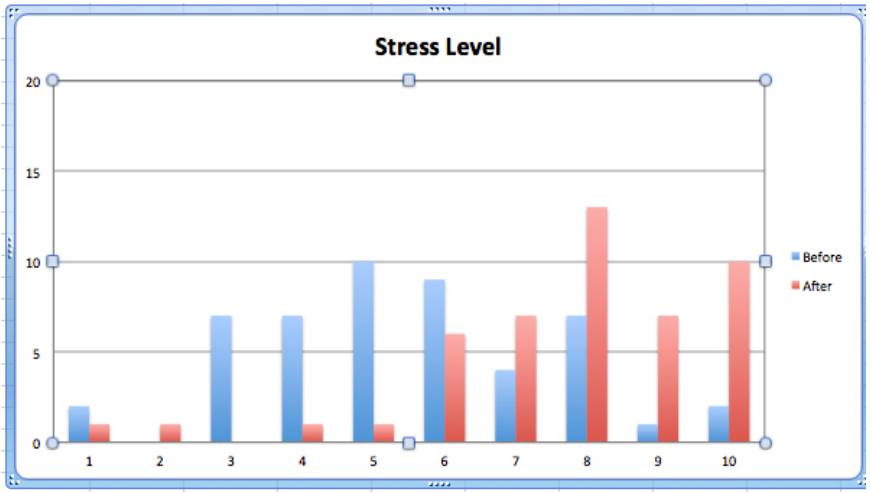

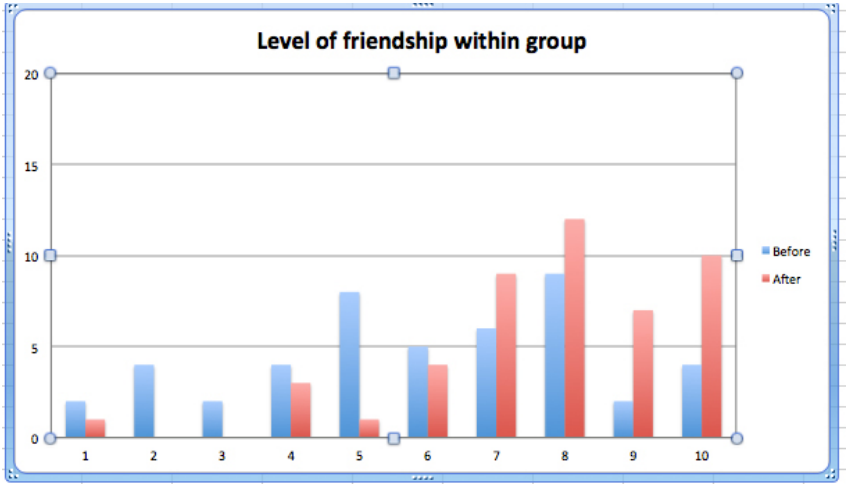

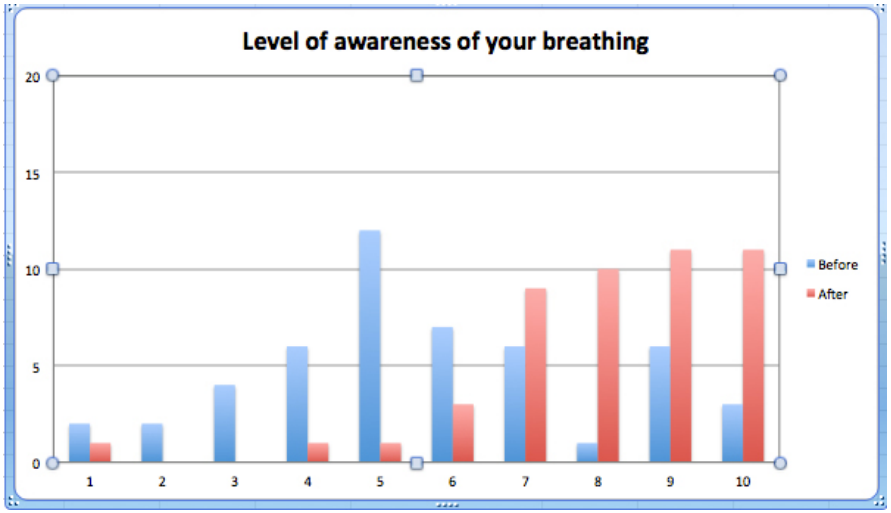

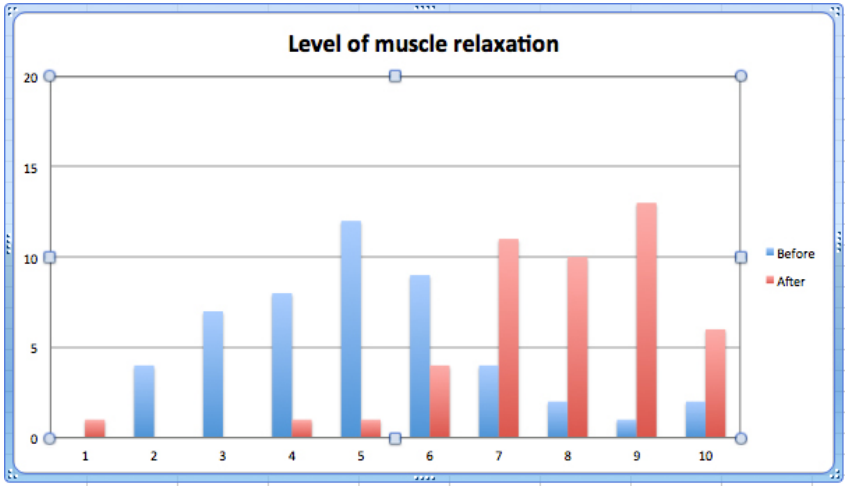

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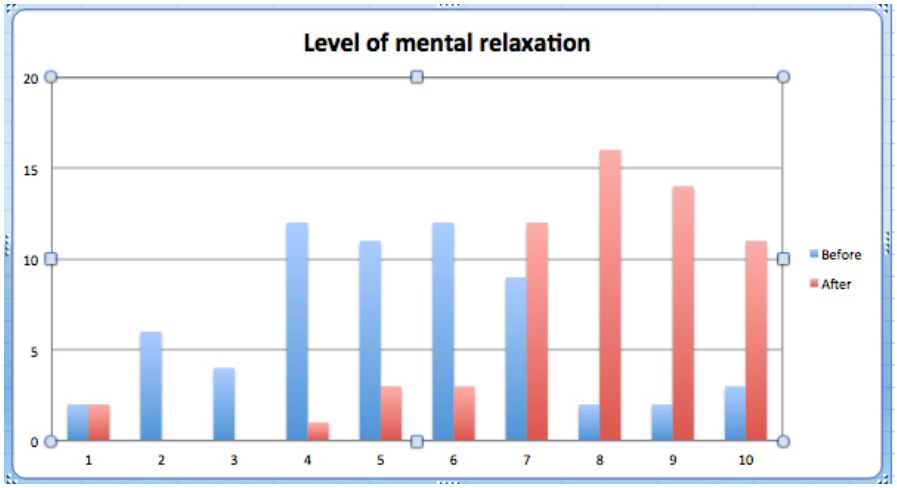

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