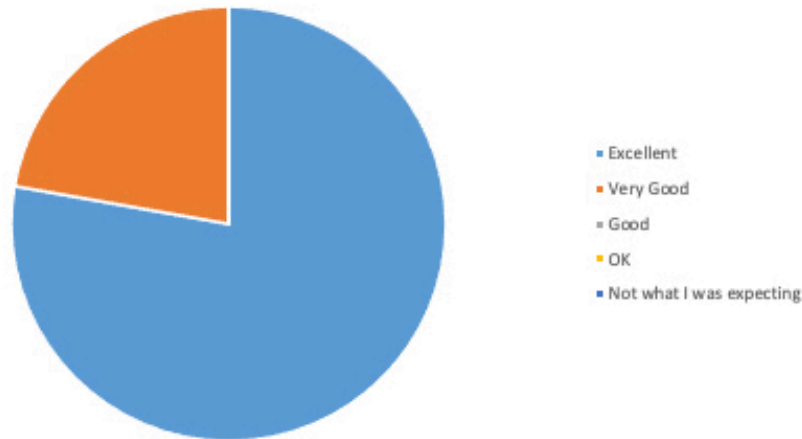


MDS Birmingham Professional - Laughter Yoga Feedback

How would you rate this event?



What did you enjoy about this event?

Relaxing, fun

It was so different, and was a lovely break in the middle of the day.

It was really light hearted and a much needed break from the norm whilst working from home and home schooling

The exercise where we visualised a colour running through our bodies from top to bottom and the breathing in and out exercises - I found them quite calming and something I would do again particularly when needed to relax or unwind from a heavy / stress filled day.

It was a lot of fun - it actually felt good to feel a bit silly

Maggie the facilitator was excellent; knowledgeable, prepared for the session, excellent level of activities

it was something different and was uplifting

Excellent teacher - really good event and much needed at this time.

Everything! Couldn't have come at a better time as I was having a bit of a stressful day and felt so much better after this session. Was embarrassed at first, just the unknown element really but soon got into it. There were a good variety of exercises and other resources suggested. Loved it!

Any further comments?

As always, I would like to say thank you for the wide ranging events offered.

Be great to follow these sessions up with a regular laughter session.

Whilst I felt very silly it really helped that everyone else joined in and had their cameras and microphones on and I have their laughter in the background on my laughing selfie which is lovely.

Thank you all for putting on such an enjoyable and extremely useful session!

Benefits of Laughter Yoga

(asked to think about feelings before and after session, surveyed after session, n = 9)

