

Laughing Lovebugs LLC Brings Positivity To Stressful Modern Life With Incredible Laughter Yoga Sessions



New York, New York City, Feb 1, 2021 ([Issuewire.com](https://www.issuewire.com)) - Laughter is the best medicine to cure both the mental and physical health of any person. Laughter yoga is a western practice of intentional laughter with an exceptional physiological and psychological effect on human wellbeing. Laughing Lovebugs LLC is an organization that has been teaching the world the benefits of laughing yoga with their excellent sessions. The certified laughter leaders at the organization help the participants relieve stress and uplift their spirit guiding them thoroughly with an incredible blend of laughter exercise and deep yoga breathing techniques. With an open mind, anyone can join the sessions without any prior preparation.

At Laughing Lovebugs LLC, they run a scientifically-backed laughter yoga practice that is highly beneficial for everyone. Laughter yoga is a proven solution for better blood flow, lung, and cardio function. It is effective in relieving pain and amplifying energy. It can boost oxygen intake and mood-lifting hormones like serotonin and endorphins in the body. It can also help to decrease the secretion of the 'stress hormone' cortisol in the body. Laughter yoga has a tremendous impact on the mental health of a person. It promotes positive energy, boosts focus, and increases confidence along the way.

Laughing Lovebugs LLC offers highly effective laughter yoga classes at unbelievably affordable prices. Their packages start as low as \$15 per person in a group session. They have a \$30 package that provides laughing regular yoga sessions with experienced laughing leaders for 30 days. They offer laughing yoga sessions at workplaces as well to improve the performance of corporate employees. They also offer laughter yoga sessions for couples, family members, and children at the convenience of the client.

Laughing Lovebugs LLC was established in April 2018 by certified laughter leader Alik and Lauren Colbert. The husband-wife duo has finished their certification on the subject LaughterYoga University, founded by Dr. Madan Kataria. The organization provides laughter yoga sessions for adults, seniors, children, and everyone. Due to COVID-19, they have shifted their in-person laughter yoga classes to online sessions. For more information visit them at <https://www.laughinglovebugs.com/>.

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