

# HEN-DO WITH LAUGHTERCISE!

**SURPRISE YOUR HEN, LIKE THESE HENS DID FOR JANINE!  
WE JOINED THE HENS AT A HOUSE THEY HAD RENTED IN LINCOLN AND TAUGHT A YOGA SESSION FOLLOWED BY A  
LAUGHTERCISE SESSION.  
HERE'S SOME OF THE FEEDBACK FROM THE DAY:**



"It was SO GOOD, everyone loved it! If you haven't tried it yet we all highly recommend! The team are an absolute dream, it was INCREDIBLE!"

"JUST BRILLIANT, my cheeks ached from laughing!"

Janine, the Hen said: "I will never forget my hen weekend and a lot of those laughs are thanks to Laughtercise! They smashed it to a whole new level of fun!"

**LAUGHTERCISE**<sup>®</sup>  
— The Joy of Laughter —