

# FALL IN LAUGH

The best medicine on earth



## WHAT IS IT?

Fall in Laugh is a modernized laughter therapy that combines laughter exercises, yogic breathing, meditation, and comedy to release the tensions and stresses of daily life.

"We do not laugh because we are happy but we are happy because we laugh."  
*Madan Kataria*

Let's forget our worries during a session of happiness therapy and laughter yoga. Ideal for Groups, Team Events, or Christmas Parties of up to 10 000 people.

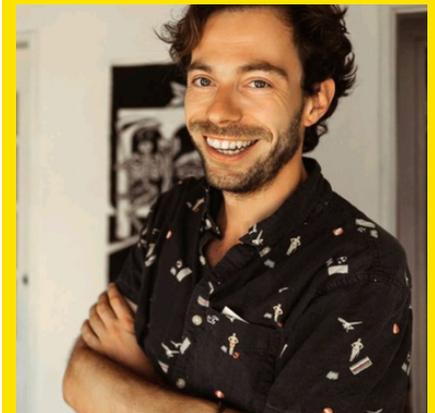
Adapted from various teachings, the practice starts by utilizing Pranayama yogic and mindful breathing to relax and inspire synergy within the participants. This is followed by a series of exercises that trigger localized laughter within the body aimed at releasing built-up muscle tension.

Laughter boosts blood flow by up to 50% and activates serotonin and dopamine release in your brain.

In case you're feeling shy—it's been proven that the body doesn't know the difference between a forced laugh or a real one. In less than 10 seconds, a forced laugh may turn into a real one and as your laughter increases, so does your joy.

Theories and practical applications are shared throughout the session which ends with a short meditation: allowing a moment to be mindful of what has been learned and internalize the positive effect of the practice on the body.

Thomas Cock  
[+351915243689](tel:+351915243689)  
[www.fallinlaugh.com](http://www.fallinlaugh.com)



# WHO AM I?

My name is Thomas Cock.

I was born in Congo but raised in Belgium, I lived innocent days till we started English classes at school. I immediately switched to Spanish. After, I think I just kept the rhythm of changing and exploring new paths. In Montreal, I became a humorist and performed at JUST FOR LAUGH, a big comedy festival. From Montreal, I moved to Paris, where I was an actor. I did 5 years of professional comedy. Started in Montreal then Paris then Brussels... I like to say that I did my career in the wrong direction as I would have rather moved toward the US.

I eventually found myself in San Francisco, where I worked for NGOs, and really discovered how laughing could heal. Laughter has been a spiritual journey for me, with the most recent revelation being laughter yoga.

Ever since I discovered laughter yoga, I have been practicing it to bring joy to my life. I am passionate about sharing its virtues because I truly believe laughing deeply and fully can promote health and happiness.

## **Virtues:**

- **Laughing is the best immune system.**
- **It oxygenates your whole body more than any exercise.**
- **It boosts creativity, moral and general efficiency.**
- **It strengthens the community links and improves the complicity.**
- **It helps to release stress, anxiety, and fears.**
- **It helps to release tension and to open yourself.**
- **It unlocks most of the situations and fights against depression.**
- **It's the most efficient practice to burn calories.**
- **It's more attractive than any make-up...**
- **The list is still long :)**

*Laughter is the shortest distance between two people. – Victor Borge*



# FALL IN LAUGH

helps to strengthen within companies

## EMOTIONAL WELL-BEING

LAUGHTER DEVELOPS POSITIVE FEELINGS AND REDUCES RUMINATIONS AND ANGER, WHICH GENERATES AN EMOTIONAL BALANCE CONDUCTIVE TO HARMONIOUS WORKING RELATIONSHIPS.

## MOTIVATION & STIMULATING OPTIMISM

LAUGHTER IS A BREATH THAT ALLOWS US TO QUICKLY AND FULLY RENEW OUR OXYGEN. NOTHING LIKE THIS TO ALLOW OUR BRAIN TO FUNCTION TO THE BEST OF ITS ABILITY.

## INCREASED CREATIVITY

HUMANS NEED TO PLAY ALL THEIR LIVES. PLAY STIMULATES OUR RIGHT BRAIN, THE SEAT OF OUR CREATIVITY. BY PLAYING AND LAUGHING, WE ALLOW THE EMERGENCE OF NEW CONCEPTS.

## 550 COMPANIES CHOSE FALL IN LAUGH

3 YEARS - OVER 1050 SESSIONS

30 of the World's Top 50 companies

Some chose to come more than 40 times

Fall in Laugh is an all-inclusive interactive session that has been designed to entertain groups of all sizes.

I had the chance to host the Fall in Laugh session more than 1050 times over two the last year and a half. Amongst these 1050 sessions, more than 500 were team events. Some of the World's Top 50 companies chose to come more than 40 times.

Over time and thanks to my five years of experience in Stand-Up comedy too, I learned how to address different audiences.

Every laughter (exercise) is simultaneously a single activity and a group activity. Laughter naturally connects people.

During my virtual global meetings, I make sure that people laugh not only with me but also together. Through the session, we multiply different exercises that become more and more interactive, playing with the pleasure of laughing together, which asks the participants to trust themselves and each other more and more and ends up building strong relationships as laughter is a sine qua non in every long-term relationship.

This session became for one year an auxiliary class at Stanford in their program "Resilience and Humor".

## TEAM SPIRIT:

**LAUGHTER CONNECTS PEOPLE AND IMPROVES THEIR COMMUNICATION ALLOWING THEM TO WORK BETTER TOGETHER IN A POSITIVE SPIRIT.**



# CLIENT REVIEWS

★4.96 (522 Reviews) - Airbnb Experience

*Fantastic group experience! We wanted to come together as colleagues, step away from our busy workloads, take a moment, a breath, spend some quality time together and bring some synergy to our team. Having been apart due to COVID for such a long time and in that time also welcoming new joiners, we wanted to find a social event that brought us together. Fall In Laugh did just that - sure it was a little awkward at first but the team soon got into it and the lasting effects carried throughout the day for us all! Thomas' communication prior to and during our event, his delivery, content and structure was excellent. Highly recommend!*

Emma-Jayne, Meta

*"I can't say enough great things about this event that we hosted with my team from work. We had no idea what to expect but it was such an amazing experience. We laughed from the time we joined for the full hour. Thomas has a way of making you feel comfortable so you are able to relax and go with it. I cannot recommend this enough for teams, families or friend groups. Such a unique and fun experience and a reminder that laughter is contagious!"*  
Lauren

*"Thomas's magnetic joy and humor will bring you into his world as soon as you join the session. Put any reservations you have aside and throw yourself into this unique and hilarious experience. You won't regret it."*  
David

*"I booked a private event for my friends to celebrate the holidays and our friendship. It was an uplifting, positive, and bonding experience. It was a perfect way to unwind and connect after a heavy year. Thomas was engaging, genuine, and a delight. You can't not laugh at his laugh. I loved all the lessons and stories he shared around the laughing exercises. Thank you, Thomas for sharing your positive light with the world."*  
Sheleen

**Positive stress management through laughter:**

Laughter effectively and quickly repairs anything that excess stress deteriorates. Regular laughter sessions thus reduce absenteeism caused by the many stress-related pathologies.



**Become one of the many companies that use  
Fall in Laugh  
to boost motivation, morale and the wellbeing of their teams.**



# REMOTE BOOKINGS

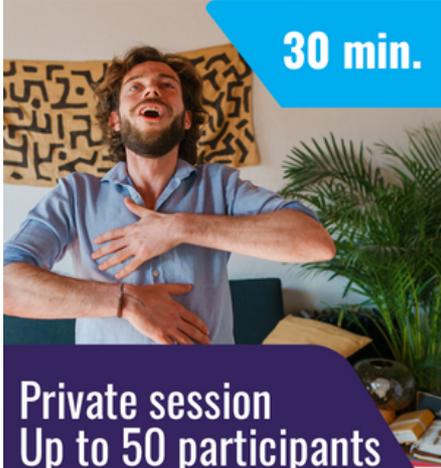
FEEL FREE TO CALL THOMAS ON [+351 915 243 689](tel:+351915243689) OR BOOK A REMOTE SESSION ON [WWW.FALLINLAUGH.COM](http://WWW.FALLINLAUGH.COM) USING YOUR PREFERRED SOFTWARE SUCH AS GOOGLE HANGOUTS DURING THE SESSION. A SESSION IS 30 MIN, BY DEFAULT. SESSIONS OF 45 MIN. UP TO 1 HOUR ARE AVAILABLE ON DEMAND.



**30 min.**

Private session  
Up to 25 participants

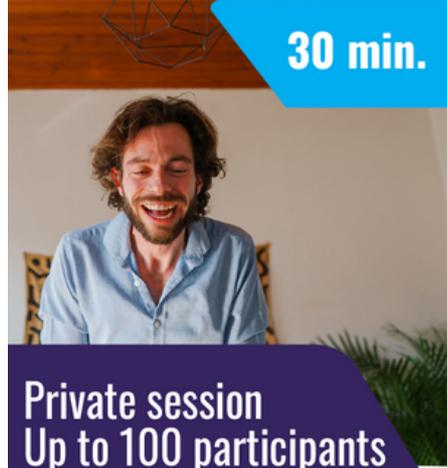
345€  
Request to book



**30 min.**

Private session  
Up to 50 participants

600€  
Request to book



**30 min.**

Private session  
Up to 100 participants

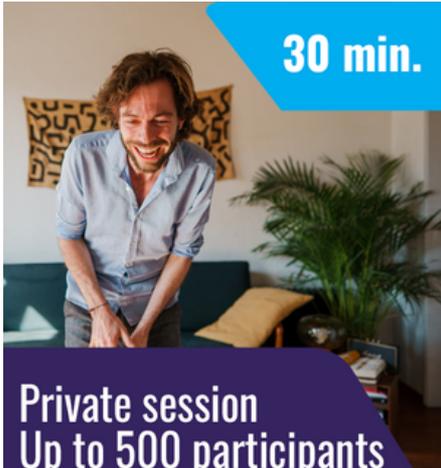
1000€  
Request to book



**30 min.**

Private session  
Up to 250 participants

2000€  
Request to book



**30 min.**

Private session  
Up to 500 participants

3500€  
Request to book



**30 min.**

Private session  
Up to 1000 participants

5000€  
Request to book

# REMOTE BOOKINGS



**30 min.**

Private session  
Up to 5000 participants

7500€  
Request to book



**30 min.**

Private session  
Up to 10000 participants

15000€  
Request to book



**30 min.**

Private session  
Up to 50000 participants

25000€  
Request to book

**45 min.**

Private session  
Up to 25 participants

425€  
Request to book

**45 min.**

Private session  
Up to 50 participants

625€  
Request to book

**45 min.**

Private session  
Up to 100 participants

1250€  
Request to book

**45 min.**

Private session  
Up to 250 participants

2500€  
Request to book

**45 min.**

Private session  
Up to 500 participants

4000€  
Request to book

**45 min.**

Private session  
Up to 1000 participants

6250€  
Request to book

# REMOTE BOOKINGS

**45 min.**

Private session  
Up to 5000 participants

8250€  
Request to book

**45 min.**

Private session  
Up to 10000 participants

16250€  
Request to book

**45 min.**

Private session  
Up to 50000 participants

27500€  
Request to book

**1 hour**

Private session  
Up to 25 participants

500€  
Request to book

**1 hour**

Private session  
Up to 50 participants

750€  
Request to book

**1 hour**

Private session  
Up to 100 participants

1500€  
Request to book

**1 hour**

Private session  
Up to 250 participants

3000€  
Request to book

**1 hour**

Private session  
Up to 500 participants

4500€  
Request to book

**1 hour**

Private session  
Up to 1000 participants

7500€  
Request to book

**1 hour**

**Private session  
Up to 5000 participants**

**9500€  
Request to book**

**1 hour**

**Private session  
Up to 10000 participants**

**17500€  
Request to book**

**1 hour**

**Private session  
Up to 50000 participants**

**30000€  
Request to book**

## LIVE BOOKINGS

ON-DEMAND LIVE SESSIONS ARE ALSO AVAILABLE ON LOCATION. ONSITE EVENTS ARE MARVELOUS EVENTS WITH GREAT SYNERGY. IT IS ELECTRIC AND CREATES INCREDIBLE MEMORIES. THE MAGIC OF BEING LIVE TOGETHER BRINGS THE SESSION TO ANOTHER LEVEL.

- SAME RATES AS REMOTE SESSIONS.
- TRAVEL FEE: 500€ FOR EUROPEAN DESTINATIONS.
- TRAVEL FEE: 1000€ FOR NON-EUROPEAN DESTINATIONS.
- DAILY FEE: 250€ FOR TRAVELING DAYS + DAYS PRESENT ON LOCATION.
- NIGHTS AT THE HOTEL.
- COMMUTE FROM THE HOTEL TO THE VENUE.

**CALL THOMAS**

**BOOK A SESSION**