



Pete Cann

The UK's no.1 laughter yoga facilitator

Pete Cann, 'The Laughter Man', is an International practitioner of Laughter Yoga who is on a fun-filled mission to bring the many positive health and wealth benefits of laughter to the world.

Pete's biography

About Pete Cann

Since discovering Laughter Yoga and all of its [mental health](#) benefits during a mind opening experience at a well-being festival (an event he now runs himself!) company owner Pete immediately saw the wide ranging benefits of laughter. Since this moment of epiphany Pete has reshaped his chef recruitment company, started a successful new business, Canned Laughter, and has used laughter to transform his family's life to ensure that happiness is at the core of everything he does.

Pete brings his boundless energy and enthusiasm to every facet of his personal and professional life. His fast paced Laughter Yoga sessions took off during the Covid-19 pandemic when Pete was able to utilise video [communication](#) to offer remote well-being guidance and motivation to audiences just when it was needed.

Since then his business has gone from strength to strength. Pete's unique approach to Laughter Yoga means that he can tailor his sessions to help in the areas that most need attention; reducing stress and anxiety, connecting [teams](#) or just a great cardio workout.

Pete's passion for all things laughter will lift any crowd and his energy and infectious personality means he's always a hit with audiences.

His ethos is simple; get the crowd laughing because when you laugh, it's impossible to feel anything but happy!

Happy Clients – Pete The Laughter Yoga Facilitator

Since starting Canned Laughter in 2019, Pete has smashed his way into the industry, immediately

creating an outstanding name for himself as “The Energizer”; lifting spirits and giving giggles at events, team-building days and at in-person and virtual Laughter Yoga sessions.

In such a short time, word of Pete’s laughter lunacy has spread around the world, from India to the USA and he’s racked up an impressive list of high-profile clients who have all hired him to lead laughter for their teams.

Pete's talks

- **Laughing off adversity - How laughter has the power to decrease adversity/anxiety**
- **Starting your day the right way - Bringing laughter into your daily life to kick start your day**
- **Bringing more productivity through laughter - How to increase your team's productivity through laughter**

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