



Laughter Bus

"It's All in the Experience!"

Join the Laughter Bus Tour in South Africa

Experience fun, make friends, explore the country and Laugh lots!



We invite you to enjoy a *unique* touring experience on-board the **Laughter Bus**. Explore beautiful parts of *South Africa* in a friendly, joyful and laughing way!

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind & body back into balance than a good laugh.

The **Laughter Bus** departs from *Cape Town* towards the *Garden Route*, stopping at beautiful and interesting places, enjoying lunch at the seaside and share laughter with local communities.

This **Laughter Bus Tour** is a *4 day - 3 night* experience and we stay in upmarket establishments. Whether you just want to relax, do some sightseeing or rejuvenate your *body & soul* - the **Laughter Bus** is an experience that will linger!

Laughter Bus Itinerary:- Departing: May 2013

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| Day 1 | Depart <i>Cape Town</i> on route to <i>Hermanus</i> (lunch) sightseeing – overnight in <i>Swellendam</i> . |
| Day 2 | Leave towards <i>Mossel Bay</i> (lunch), <i>George</i> , <i>Wilderniss</i> and <i>Knysna</i> – laughter session and stay here. |
| Day 3 | On route to <i>George</i> and <i>Outdshoorn</i> - sightseeing, caves, ostriches and overnight. |
| Day 4 | Head towards <i>Malmesbury</i> - lunch on eco-farm and laughter session with community. Head back to <i>Cape Town</i> . |

Laughter Bus Tour Cost:

- Price **per person** based on *double occupancy*:- **R5100** (\$570 or 420 Euros).
- **Single occupancy:** add **R900** (\$100 or 75 Euros).

What's Included?

- A group of people who want to explore **South Africa**, have lots of fun and laughter!
- Free time to explore the beautiful Garden Route and do sightseeing.
- All **transportation** by air-conditioned luxury coach with experienced driver, departing from and returning to Cape Town. This coach has a television and toilet on board.
- Three nights **accommodation** in superior tourist-class hotels and/or guest houses.
- **Meals**: Included are all breakfasts and dinners.
- **Laughter programmes** at certain locations providing unique and unforgettable experiences. For an extra facilitation cost you can become a **Certified Laughter Yoga Leader**.
- Laughter **goodie bag** for your trip.

Not Included are:

- **Meals**: Participants are responsible for all meals **not** specified above.
- **All Beverages**: for your own expense.
- **Airfare and Airport transfers**.
- **Tips/gratuities**: for coach driver and hotel staff.
- **Admission fees**: for places of interest, parks, etc. that are not specified.
- All costs of a **Personal Nature** and Laundry.

Reserve Your Seat on the Laughter Bus

Contact Information

Laughter Bus

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Sanga Tours

The **Laughter Bus** was created by **Martin Combrinck**, founder of [Laughter for Africa](#) and *Certified Laughter Yoga Trainer*. His firm belief and passion for **laughter** prompted him to start the **Laughter Bus** and thus spread the message of laughter to all. He delivers **laughter and wellness** seminars, workshops and trainings since 1987 to communities, individuals and the corporate market, nationally and internationally.



**Bring more balance and humour into your life
by boarding our Laughter Bus!**

