IMPROV FOR WELLBEING
Testimonials & Reviews

I have been going to Rebecca's Improv classes for a few years now. Why? Because I have fun. If I am going through a difficult time I know I will spend a lot of the hour and a half laughing and enjoying myself, if I am feeling fine I will come home smiling after one and a half hours of fun.

So my question is not why keep going along, it is absolutely why not go out once a week to a session of sharing time with others that makes us happy. - **CHRIS**

I really notice the the effects on my mental health if I haven't been to improv class for a few weeks.

The laughter, playfulness, connection and riding the wave of making stuff up together are all great antidotes and counterbalance to my natural mental state of overthinking and over-planning. - **WILL**

I really get why people think that improv would be their worst nightmare, having to try and be funny on the spot - but that's just the thing... It's the trying' and 'overthinking' that gets in the way of most things in life...

Improv comedy is one of the most deliciously hilarious, heartwarming, laugh out loud ways to practice getting out of your own way and seeing what magic And hilarity unfolds thereafter, often with great surprise and delight for all i nvolved, together with a bunch of some of the most brilliantly lovely people you could wish to meet, who've all got your back and hungry to play along with you.

It's just good for the soul in every possible way. - **RYAN**

"Improv gives back what you put in and it's the perfect way to boost confidence, break out of your shell, and step out of your head, all while having fun." - **TIM**

More to come...