

Bringing Health & Happiness In Your Life

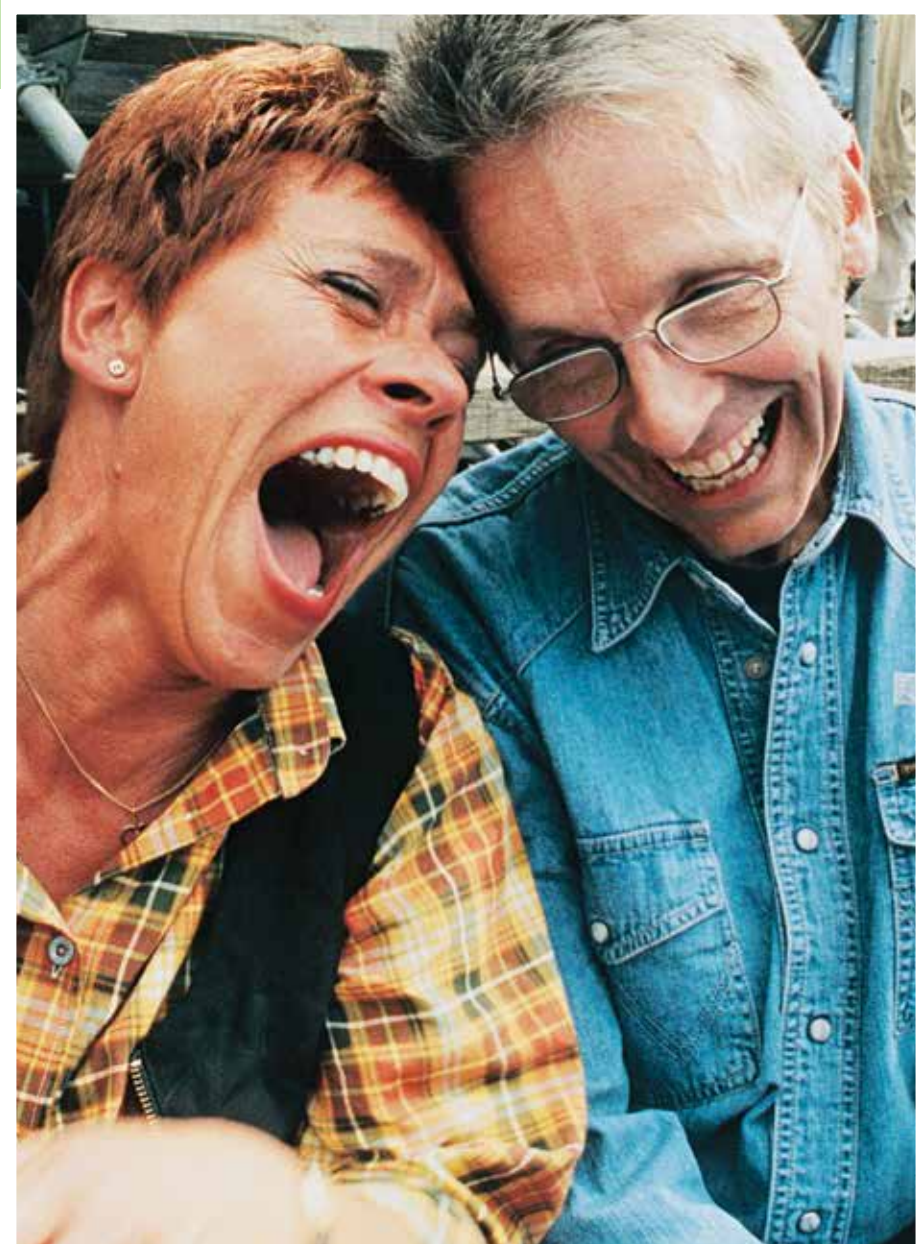
LAUGHTER YOGA Basic Learning Course



Information Booklet

Introduction

You're about to laugh like you have never laughed before! But before you begin to laugh, I want to share with you a breakthrough technology called Laughter Yoga, which I discovered in 1995. It started as a social Laughter Club in Mumbai, India, but today there are thousands of Laughter Clubs in more than 72 countries. A rapidly growing global phenomenon, Laughter Yoga is now being practiced in companies, old age homes, schools, colleges, fitness centers, community centers, prisons, hospitals, homes for the physically and mentally challenged and cancer self-help groups. It is being touted as perhaps the best alternative health therapy for complete body-mind wellness.



Why Do We Need To Laugh More Today

Stress & Depression On The Rise

In this high pressure, high tension and competitive world, laughter is fast disappearing and people are succumbing to daily stressors that relentlessly rob one of the ability to laugh. Stress is the number killer today, while depression has become the number one sickness. More than 70 - 80 percent illnesses are related to stress.

The whole world is full of seriousness. There is little or no laughter at workplaces. Newspapers and television programs continually bombard us with unpleasant news and negative thoughts, making people even less secure.

It has almost become a challenge to combat stress and maintain good health - what with astronomical medical costs! People resort to several therapies, but somehow fail to spot the simplest of them all – **laughter.**

Scientifically Proven Benefits

It has been scientifically established that laughter has a profound impact on the body and mind. Not only does it help to prevent the onset of sickness by way of strengthening the immune system, it also has a healing effect. A daily dose of laughter is the one solution which has the power to unwind stress and uplift joy; the power to slow down a racing heart and strengthen the mind; the power to raise the spirit and fend off pessimism...and all this in an instant. Sounds crazy, but works like magic.

Several studies are underway in many universities around the world. Clinical research conducted at Bangalore, India and in the United States has proved that Laughter lowers the level of stress hormones (epinephrine, cortisol, etc) in the blood. The results also showed significant improvement of the Laughter Yoga group in all areas, and it is particularly interesting to note the long-lasting effects of the laughter interventions.

How To Laugh & Who Will Make You Laugh

For centuries, laughter was referred to as the best medicine for body and mind, but never was there a reliable delivery system. Laughter was simply the end result of entertainment or amusement, but Laughter Yoga has taken laughter to a new level. It is a complete delivery system, allowing laughter to actually be prescribed as part of a daily routine in order to realize all of the health benefits. It enables everyone to laugh, even those who are serious, introverted and uncomfortable being funny.



What Is Laughter Yoga

- » Laughter Yoga is a unique concept where anyone can laugh for no reason, without relying on humor, jokes or comedy.
- » We initiate laughter as an exercise in a group, but with eye contact and childlike playfulness, it soon turns into real and contagious laughter.
- » The reason we call it Laughter Yoga is because it combines laughter exercises with yoga breathing. This brings more oxygen to the body and the brain which makes one feel more energetic and healthy.
- » The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter if done with willingness. One gets the same physiological and psychological benefits.
- » In addition to social laughter clubs, Laughter Yoga is also practiced in companies and corporations, Fitness centers, Yoga studios, Centers for Seniors, Schools, Colleges, Universities, Physically and mentally challenged and Self help cancer groups.



Three Reasons Why Laughter Yoga

Most people feel that if they are able to laugh naturally they don't need to join a Laughter Club, **Here are the 3 basic reasons why one must do Laughter Yoga to get maximum health benefits:**

1

In order to get scientifically proven health benefits of laughter, we need to laugh continuously for at least for 10 to 15 minutes. Since in Laughter Yoga we do laughter as an exercise, we can prolong our laughter as long as we want; it brings measurable physiological changes like oxygen levels in the blood, muscle relaxation, blood circulation and release of certain hormones in the body.

2

To reap the health benefits of laughter, laughter has to be loud and deep, coming from the diaphragm. It should be a belly laugh. It might not be socially acceptable to laugh loudly, but Laughter Yoga clubs provide a safe environment where one can laugh loudly and heartily without any social implication.

3

Natural laughter that courses through our life depends upon many reasons and conditions, but there are not many reasons which make us laugh. That means we are leaving laughter to chance, it may happen it may not. In contrast, in Laughter Yoga club we are not leaving laughter to chance, but doing it out of commitment. This is a guaranteed way of getting the health benefits of laughter.

Five Major Benefits Of Laughter Yoga:

1. Good Mood and More Spontaneous Laughter

Whether it is your personal, business or social life your mood affects everything you do. If your mood is good, you can do things much better. Laughter Yoga helps to change your mood within minutes by releasing certain chemicals from your brain cells called endorphins. You will remain cheerful and in a good mood throughout the day and will laugh more than you normally do.

2. Healthy Exercise to Beat Stress

Laughter Yoga is like an aerobic exercise (cardio workout) which brings more oxygen to the body and brain thereby making one feel more healthy and energetic. Laughter Yoga is a single exercise routine which reduces physical, mental and emotional stress simultaneously.

3. Health Benefits:

You can't enjoy life if you are sick. Laughter Yoga strengthens the immune system which not only prevents you from

falling ill, but also helps to heal a variety of conditions like hypertension, heart disease, diabetes, depression, arthritis, allergies, asthma, bronchitis, backache, fibromyalgia, migraine headaches, menstrual disorders, cancer and many others.

4. Quality of Life:

Quality of life depends upon the quality of good friendships we have. Laughter is a positive energy which helps people to connect with other people quickly and improves relationships. If you laugh more, you will attract many friends.

5. Positive Attitude in Challenging Times

Everyone can laugh when life is good, but how does one laugh when faced with challenges? Laughter helps create a positive mental state to deal with negative situations and negative people. It gives hope and optimism to cope with difficult times.

Testimonials From Practitioners of Laughter Yoga



Maria Manninen, Finland

"My life has been pretty tough for many years and I spent lots of time crying alone at home. It was only when I discovered Skype Laughter Club That I felt a dramatic change. My life started to fill up with joy and laughter and I found myself smiling and laughing throughout the day. And when something was funny, I would laugh out loud which I hardly did before. I got so much into laughing that I did a 3-day Laughter Yoga leader's training and now lead the Skype Laughter Club on line. After a daily Skype laughter session, I feel so much happier. In fact, sometimes I laugh so much that I have to explain to people that I'm a Laughter Yoga practitioner!"



Nili Dor HaElla

Laughter helped me through difficult times: My brother David and my sister-in-law died in a plane crash in the USA. It all happened so suddenly that it was very hard for me to grasp whether it was all true or some nightmare. My body was in a state of shock and there was no way I thought I could ever laugh again. I then told myself that I would do my best even though I had to fake it until I make it. So I did and brought my body and open-heart to the Laughter Club. I shared with the group what was going on with my life and thanked them for their love and support. That laughter session was the most powerful experience I have ever had in my life. I found the ability to tap into in inner resources I did not know I had at a time when I felt weak and powerless. The Laughter Club members were so loving and supportive that I still feel lucky to be surrounded by so much loving kindness.

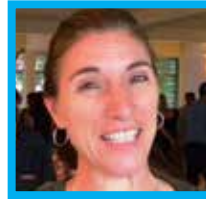
Testimonials From Practitioners of Laughter Yoga



Dianne Theil McNinch

In January 1997, my thoughts of suicide became frequent and by April 1997 I was officially diagnosed with Clinical Depression. Over time my condition became severe and by this year I was spending over \$400 on depression medication each month. I first heard about Laughter Yoga on the American TV show 'Dancing with the Stars'. It seemed delightful. Then on April 11th 2007, I happened to see LY on the Oprah Winfrey show.

Just two months after my first LY experience on April 12, I had amazingly decreased the use of medicines by almost 80%. In fact, I'm completely free of all medication now and am saving over \$400 each month. I sleep better than I ever have in 11 years; people tell me I look great, especially at 64! My life has undergone a remarkable change.



Karla Ivette Oseguera Moguel

Soon after the birth of my child, I began to lose sight without realizing what was happening. I had lost 90% of my sight and was almost blind for more than a week. The diagnosis was Multiple Sclerosis. My life became like the vanishing light of a candle. I used to be a kind, affectionate and loving person with a remarkable sense of humor and plenty of vitality. But, I found myself living in darkness, with a lot of anger, frustration and gradually falling into a deep depression. Luckily, I found Laughter Yoga which gave a new meaning to my life. I have learnt to laugh all by myself under any condition. It even allows me to laugh in a ridiculous situation without being embarrassed. It makes me feel safe. I have also learnt to love myself and have realized my worth. I now respect myself more than ever before. I am happy and I can spread peace and happiness. Now, I can see that life has plenty of possibilities..

Applications Of Laughter Yoga

Initially, Laughter Yoga Clubs were only intended to be social clubs where people could come and laugh and reap the benefits of laughter for health and wellbeing. As and when Laughter Clubs movement spread across the world, people started taking Laughter Yoga to different areas where it was needed the most, and I was pleasantly surprised how this simple idea developed and pervaded everywhere providing people with enormous benefits according to their needs.

Here are some areas where Laughter Yoga has been implemented successfully:

- » Social laughter clubs
- » Laughter Yoga in business world
- » Laughter Yoga for seniors
- » Laughter Yoga for children
- » Laughter Yoga in fitness centers & yoga studios
- » Laughter Yoga in hospitals
- » Cancer self-help groups
- » Laughter Yoga for people with special needs
- » Laughter Yoga with the blind
- » Laughter Yoga for physically and mentally challenged
- » Laughter Yoga in prison and with police

Join Or Start A Laughter Club

One of the simplest ways to bring more laughter into your life is to join a Laughter Club or better yet, start one! At Laughter Club, initially, the physical act of laughing is practiced which ultimately translates into the wisdom of laughter, ready for use at any point in life. These clubs are a worldwide network of social clubs run by volunteers under the aegis of Laughter Yoga International based in Bangalore, India. People gather together in public places or indoor venues to practice laughter exercises, accompanied by breathing and stretching exercises, as they reap enormous health benefits.

Laughter Yoga International is fully independent, not-for-profit, non-political and non-religious and Laughter Clubs are social clubs are free for all anywhere in the world. No membership fee is charged; however, members of the club share venue expenses.



Skype Laughter Club

With growing popularity of Laughter Yoga Clubs, more and more people want to get involved, but at times they do not have a Laughter Club in their area. In such circumstances, you can easily recommend people to join the Skype Laughter club which will help them to laugh every day and reap the benefits of Laughter Yoga.

At present there are 3 Skype Laughter Clubs happening in different time zones and people can join according to their convenience.

As Laughter Yoga professionals, I strongly recommend that you must also laugh everyday on Skype and see how it works for you. If you are a laughter teacher, you can start laughter sessions on Skype for your students and eventually build your own Skype network. This is also an excellent idea for One-On-One Coaching as you can ask your students to laugh everyday on Skype.



Laughter Club on Telephone

The concept of Laughter Yoga on the phone is fast catching on as people are becoming aware of the multiple benefits of laughing daily. "Laughter Yoga on the Phone" is a virtual group laughing exercise that unites people the world over in remarkable, spontaneous and hilarious sessions of health and healing.

In joining a Laughter Yoga Phone session, you will: release tension, open your heart, lift your mood, stimulate healing and feel great about the world.

This is how our spirits connect and simple joy takes over. Together we acknowledge beauty and celebrate our lives.

When you hear other people's laughter, you will laugh with ease, connect with your child-like playfulness, and experience oneness with others on the call. When we laugh we feel alive and worry free. This brings peace to our souls. When we are peaceful, the world around us becomes peaceful.



Laughing Alone

Currently, there are thousands of Laughter Clubs worldwide, but many still find it difficult to reach these clubs due to constraints of some sort. Realizing their need to laugh on a regular basis, as well as my own, I developed specific techniques for Laugh Alone Laughter Yoga. While conducting seminars and training programs in the West, I started teaching the groups how to laugh all by themselves. It worked well and became very popular. Since Laughter Clubs meet once a week or every two weeks in Western countries, I encouraged my students to laugh alone every day in their homes. Many leaders and teachers tried laughing in the bathroom or in front of a mirror with positive results. People loved this new technique of laughing alone that helped them release their stress and maintain their health.

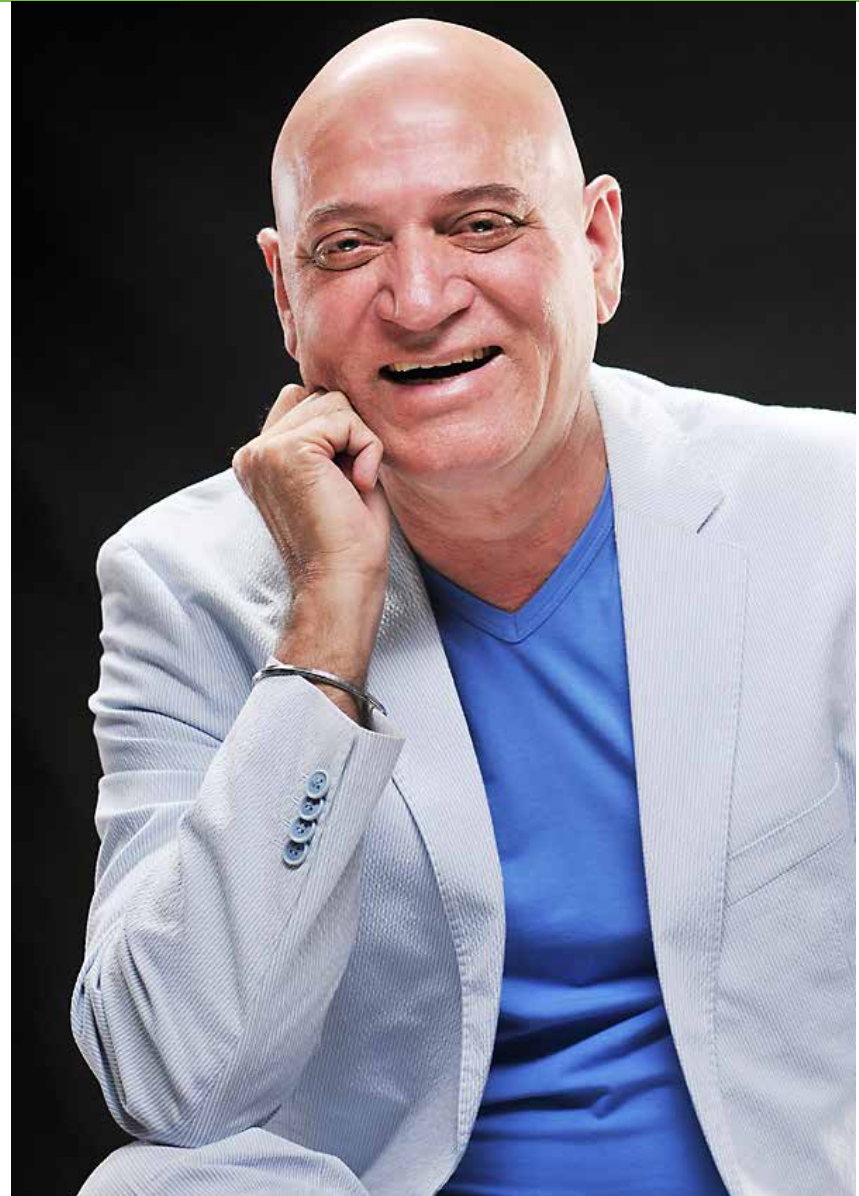
Laughing Alone confirms that Laughter Yoga not only heals when practiced in a group, but also when practiced alone. This exercise regime, which combines laughter and breathing exercises, is very beneficial for those looking



for alternative methods to daily laughter, as well as for patients suffering from chronic diseases and those unable to actively move or exercise. This is an innovative way of practicing laughter exercises, while reaping the same health benefits as those enjoyed at the clubs.

Who Can join

Anyone who wants to bring more health and happiness to ones life? Yoga and fitness teachers, HR and management training professionals ,sales and marketing professionals ,Health care professionals, Physical and occupational therapists ,Teachers and sports coaches ,Psychologists and psychiatrists, mental health professionals, Social workers,Counselors and therapists, Entertainment professionals, Senior care workers, Marriage and family therapists, Life coaches , alternative therapists and healers ,Sales managers Tourism professionals & tour guides



Basic Learning Course Agenda

Laughter Yoga Basic Learning Course (LYBLC) One Day Experiential Program For Beginners Time: Duration : 6 hours (3 hours before & after lunch)	
30 minutes	Registration Logistics / Filling Laughter Quotient form
1 Hour	Watch videos on worldwide LY movement : (Resource Pack DVD, The History, Concept & Philosophy & 5 unique features of LY, What is Laughter Yoga, 5 points 3 reasons,
15 minutes	TEA BREAK
1 Hour	Complete Laughter Yoga Session with Exercises, Meditation and Yoga Nidra Relaxation (20 mins each)
45 Minutes	Discussion: Why we need to laugh more today, how to laugh who will make you laugh, benefits of Laughter Yoga & new research & studies being done on Laughter
1 Hour	LUNCH BREAK
1 Hour	Learn how to Laugh Alone by adding laughter exercises with your daily routine e.g. while taking a shower, cooking, washing dishes, cleaning & driving etc.
1 Hour	Learn to Cultivate the 4 Elements of Joy (Singing, Dancing, Playing & Laughing) Participate in a Gibberish session & Ho Ho Ha Ha Dance, Fun Games and Laugh Dance party
15 Minutes	TEA/COFFEE BREAK
45 Minutes	Find out how to get involved in Laughter Yoga and learn the strategies to bring more laughter into your life
30 Minutes	Quick Laughter Session, networking photos & feedback