

Laughter Yoga

What is Laughter Yoga?

The new exercise concept of simulated laughter combined with gentle breathing techniques (mostly known as “Laughter Yoga” or “Laughing Yoga”) is a new revolution in body-mind medicine that teaches the body to laugh without depending on jokes or humor. It is nonpolitical, non-religious, and non-competitive. There are no contortions, no need for any particular items of clothing or equipment. Anybody can do it. It is a body-mind approach to health and wellness and aims to promote world peace through laughter.

How to do Laughter Yoga?

A laughter session consists of a series of three simple and gentle exercises that are repeated one after the other and progressively infused with a lot of childlike playfulness:

1. Clapping in rhythm while saying "ho ho ha ha ha"
2. Breathing deeply / stretching
3. Simulating specific life situations and replacing words with laughter.

The pace and content of each session is adapted to suit the needs and requirements of the group participating.

There is no typical length for a laughter session. How long it lasts depends on when and where the session takes place, and of course who attends. Most morning social Laughter Clubs laugh for about 20-30 minutes. Most afternoon / evening Laughter Clubs laugh for 30 to 45 minutes as they add a laughter meditation at the end of their regular session. Corporate Laughter groups laugh for about 10 to 20 minutes. Laughter Yoga can create a great team building atmosphere for any occasion.

When to consider me:

- Stress management seminars
- Work/life balance seminars
- Team building exercises
- Creativity seminars
- Bereavement group meetings
- Terminally ill group meetings

Call me for a free 5-10 minute demonstration!

For more information contact:

Bernadette Gibson, Laughter Yoga Leader

LaughterTherapy@ymail.com

Cell: 979-215-4869

10 Good Reasons To Laugh For No Reason

Laughter Is FUNdamental!

1. Laughter is a stress buster

- It reduces the levels of stress hormones epinephrine and cortisol.

2. Laughter strengthens the immune system

The immune system is important in maintaining good health by keeping infections, allergies and cancers at bay:

- Recent research into the effects of laughter by Dr. Lee S. Berk, Professor at Loma Linda University, California, USA, demonstrates that laughter will increase the count of natural killer cells (NK cells - a type of white cell) and antibody levels.
- Laughter therapy helps to increase antibodies (Immunoglobulin A) in the mucous of the nose and respiratory passages.

3. Laughter is anti-aging

- It tones facial muscles and expressions.
- Laughter causes an increase in blood supply to the face, which is why some people look flushed. This nourishes the skin and makes it glow.
- People look younger and more fun when they laugh!

4. Laughter is aerobic exercise

Laughter stimulates heart and blood circulation and is equivalent to any other standard aerobic exercise.

- Dr. William Fry, Stanford University, USA claims one minute of laughter is equal to 10 minutes on the rowing machine.
- The singular benefit almost everybody derives is a sense of well-being because more oxygen is taken in during laughter.
- It is an exercise regime suitable for all, including people confined to a bed or a wheelchair.

5. Laughter is internal jogging

Laughter massages internal organs by enhancing the blood supply and increasing their efficiency. This is especially good for proper bowel movement.

- Laughter exercises the abdominal muscles and helps to improve muscle tone.

6. Laughter is a Natural Pain Killer

Laughter increases the levels of endorphins – the body's natural pain killers. Norman Cousins, an American journalist who was suffering from an incurable disease of the spine, benefited from laughter therapy in a situation when all painkillers were ineffective.

- Endorphins released as a result of laughter may help in reducing the intensity of pain in those suffering from arthritis, spondylitis and muscular spasms of the body.

7. Laughter can control high blood pressure

Laughter helps to control blood pressure by reducing the release of stress-related hormones.

- Experiments have demonstrated that a 10-minute laughter session leads to a reduction of 10-20 mm in blood pressure. This however does not mean that patients taking 2-3 tablets for blood pressure every day will be completely cured.

8. Laughter can help dump depression and anxiety

The stress and strain of modern life takes a heavy toll on the human mind and body.

- Better sleep
- Reduced depression. Some people claim they can manage without prescribed anti-depressant pills and tranquillizers.

9. Laughter Alleviates Bronchitis and Asthma

Laughter improves lung capacity and oxygen levels in the blood.

- Laughter Club members report a marked reduction in the frequency of asthma attacks.

10. Laughter just makes you feel good

Laugh and the world laughs with you. How you react to life is up to you. Live life laughing!