



The Benefits of Laughter Yoga

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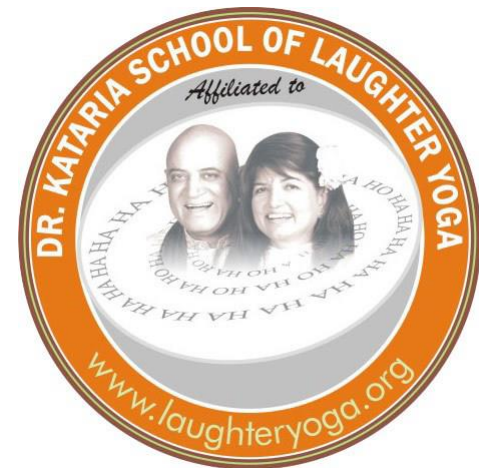
PICKING UP THE PIECES



Presenter and Laughter Yoga Leader: Lynne Kropman

Lynne's Clients include: Bernard Betel Centre, Betel Outreach, CHATS, Circle of Care, Delmanor, Four Elms, Cummer Lodge, Healthy at Home, B'Nai Brith/Glassman Seniors Centre, Scotiabank, TD Bank, Hadassah, Stonegate Community Centre, Evergreen Living Room, Toronto North Support Services, Hospice King Aurora; Corporations including TD Bank, Scotiabank, Bausch and Lomb, ConAgra Foods, Mattel Toy Corporation, etc.

Lynne Kropman is a **certified Laughter Yoga Leader** and a member of Laughter Yoga International founded in 1995 by Dr. Madan Kataria, a medical doctor from Mumbai, India, popularly known as the 'Guru of Giggling' (London Times).





- **Laughter Yoga is the latest Health Craze sweeping the world where anyone can laugh without any reason. You don't need to rely on sense of humour, jokes or comedy.**
- **Anyone can do it - it is scientifically proven, easy to learn and a lot of fun. People can feel the benefits right from the very first session.**
- **It is practiced in companies and corporations, fitness centres, yoga studios, centres for seniors, schools, colleges, universities, with the physically and mentally challenged, at self-help cancer groups and at support groups.**



Laughter is:

- **the best medicine**
- **a fun stress buster**
- **an instant bonding technique**
- **a terrific team building program**
- **a great way to start the day**



- **Humour is contagious**
- **Unites people**
- **Induces healthy physical changes**
- **Boosts the immune system and energy levels**
- **Relieves pain**
- **Increases joie de vivre**
- **Defuses conflict**
- **Promotes resilience**

“Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.”

Paul E. McGee, Ph.D



Laughter is the Best Medicine

When we practice extended laughter exercises together we experience:

- **Oxygenation of blood, brain and organs**
- **Increased endorphin levels reducing aches, pains, anxiety and depression**
- **Time-released serotonin elevating mood and assisting with sleep**
- **Drop in blood pressure and pulse rate, improved circulation**
- **Immune, digestive, and cardiac system stimulation**
- **Cortisol and stress reduction**
- **Relaxation and muscle strengthening**
- **Increased heart rate for a safe cardiac workout**
- **A healthy community connection**



Laughter improves emotional health

- Laughter makes you feel good
- Helps relax you and change gears
- Cushions against stress, conflict and disappointment.

Laughter has social benefits

- Humour and playful interaction improves our relationships by creating positive emotions and enhancing communication
- Shared laughter strengthens relationships
- The human race has one really effective weapon and that is laughter – Mark Twain
- Laughter is an instant vacation

How to add more humour to your life

- **Watch comedies and shows**
- **Attend a comedy club**
- **Read the comics**
- **Share good jokes**
- **Play games with friends**
- **Interact with pets**
- **Join a laughter yoga session**
- **Join a support group**



What Is Laughter Yoga?

- Laughter Yoga combines laughter with yogic breathing exercises to provide 45-minute workout sessions that include 30 minutes of laughter. **Laughter Yoga is the fastest growing health and fitness system in the world.** It is also known as 'instant yoga' as it provides results in days that can take years to achieve in posture yoga. It has been featured in a Time Magazine cover story, on CNN and other world media including National Geographic, Wall Street Journal, Financial Times, BBC, NHK Japan, Star TV, ABC News, Channel 9 Australia and many more.
- Children laugh 300-400 times a day during their important formative years, but adult laughter has reduced this to just 10-15 times a day. **Laughter is one of our best defenses against stress,** and it is important that we find ways to laugh more to cope with stress and remain healthy in the modern world. Laughter Yoga is a perfect way to laugh and get exercise at the same time. It approaches laughter as a body exercise so it's easy to laugh even if you're depressed or in a bad mood.
- **Laughter Yoga is offered in more than 160,000 laughter clubs around the world.** It is also being offered commercially in yoga and fitness centers, senior care facilities, schools, hospitals, at support groups, as well as business and government offices.



Article from Whole Living, May 2009 Issue:

"The Power of the Smile"

Move over, misery. Happiness may love company even more. Researchers from Harvard Medical School and the University of California, San Diego, found that happiness may stem more from a group effort than from one person's lifestyle and choices.

The 20-year study of 5,000 individuals shows that a person's positive emotional state is actually contagious, affecting not just her immediate social circle, but her friends' friends, and even friends' friends' friends. The upbeat vibes ripple out to touch those she's never met, with the effects lasting up to a year.

Even better news? Sadness can't hold a candle to this kind of emotional contagion. So why not start your own cheerful chain reaction? Do something today that lifts your spirits, and you'll be sending out waves of contentment to those around you - and beyond.



Dr. Kataria:

<https://www.youtube.com/watch?v=95TvmigE1Q>

Dr. Sanjay Gupta

<https://www.youtube.com/watch?v=kTss732f4Go>

HaHa Mantra

<https://www.youtube.com/watch?v=OObV5DTf3Uc>

A Typical Laughter Yoga Session:

- **Music/Singing**
- **Clapping**
- **Breathing**
- **Seated Laughing Exercises**
- **Standing Laughing Exercises**
- **Gentle meditation to music**
- **Grounding dance**
- **Closing: feedback, suggestions**



Laughter Yoga

Laughter is the Best Medicine

Laughter can be a powerful tool in any environment; it can help us take ourselves lightly

Laughter Yoga

A quick interactive injection of laughter is a perfect addition to any day, gathering, meeting or conference. No yoga mat, downward dog or spandex required



LET THE LAUGHTER BEGIN!!!