



LAUGHTER

A ha-ha-happy alternative treatment

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- Laughter Yoga founded by Dr Madan Kataria and wife, Madhuri
 - 1991, phenomenon came to America
- Playful like experience using self induced laughter exercises and yoga breathing techniques
- It's no joke!
- Over 6000 Clubs in North America



- Improved circulation
- Relaxes muscles and body
- Boost metabolism
- Cardiovascular exercise
- Releases endorphins
- Preventative and therapeutic
- Mind-body experience
- Improve mental functions
- Decrease cortisol
- Decrease stress
- Lower blood pressure
- Social benefits such as bonding and trust
- Increased self confidence



- Go at your own comfort level, no new pain
- Maintain eye contact
- No humor, please!
- Fake is fine
- Act happy and energetic, put passion into it



- Clap
 - Hands should be flush against each other to stimulate acupuncture points
 - If you can't clap with your hands, use legs, stomp, open/close hand, bend elbows
- Breathe – move as you breathe, breathe as you move
 - Bend forward, exhale, arms move down
 - Rise, inhale, arms move up
- Laugh - Fake is fine!!



- Ho, ho
 - Lower abdomen and core
- Ha, ha, ha
 - Chest
 - Deep in lungs
- Hee, hee
 - Throat



- Handshake
- Jibberish
- Mobile phone
- Blow kisses
- Brain floss
- Aloha
- Smell perfume
- Evil doctor
- Electric Shock
- Evil Doctor
- Finger touches
- Statement or test results
- Alphabet laughter
- Silent laughter



- Roll wrists, ankles, shoulders and other body joints
- Sing favorite songs using laughter
- Engage kids: Dinosaur, lion, gorilla
- Use pantomime to act out scenario, stressful or pleasurable, add laughter
- SMILE!! 😊



- Affirmations are a big part of laughter sessions
 - Very good, very good – YAY!
 - I am amazing, you are amazing, we are amazing!
 - I love my body, my body is healthy, thank you body
- Bend forward and exhale, rise and inhale
 - Cry down, laugh up
 - I love, I give



- Daily!
 - Anytime, anyplace
 - Self laughter or with someone
 - Comedy
 - CLAP – BREATHE - LAUGH
 - SMILE 😊
 - www.blogtalkradio.com
 - Laughline 1-712-432-3900
pin 6071292#
- Chicago Area Laughter Clubs
 - www.meetup.com/laughter
 - Highland Park
 - Park Ridge Hysterical Society
 - Lincoln Park
 - Skokie



Have you laughed today???

Tiffany Topcik

Chief Inspiration Officer

Laughter Connects

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