

How Laughter Yoga Works

Anybody can laugh without a sense of humor, jokes or comedy

Laughter Yoga is a physically-oriented technique that uses a perfect blend of playful, empowering and otherwise "tension-releasing" laughter exercises. These are interspersed with gentle breathing and stretching exercises, rhythmic clapping and chanting of Ho Ho Ha Ha Ha in unison.

Anybody can laugh for 15-20 minutes without a sense of humor, jokes or comedy. In Laughter Yoga we use laughter as a tool, not an emotion. Simulated laughter soon becomes real when practiced in a group.

We laugh as a way to improve health, increase well-being, and promote peace in the world through personal transformation. All exercises are adapted to suit the needs and abilities of the group participating. The soft chuckle of a 99 year old man is as efficient to that person as the belly rippling laughter of a 20 year old.

The second part of laughter yoga is called "laughter meditation". The group members sit on the floor (or on a chair if they can't) in silence for few minutes and then start faking laughter until it flows spontaneously. Deep, natural laughter naturally happens without the need for comedy or jokes. In the final stage of laughter meditation all participants lie down on the floor with their eyes closed. They just can't help laughing!

Laughter yoga has many benefits beside the joy of laughter. It strengthens the immune system, combats negative effects of stress, and is a powerful antidote to depression and anxiety. It alleviates high blood pressure and asthma and increases tolerance to pain. In addition it improves people's sense of humor, self confidence and communications skills.

Laughter Yoga runs stress-busting seminars for business as well as personal and professional trainings for anyone interested in learning more and/or teaching this method.



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