

## Quick Tour

Dr Madan Kataria, Founder

### Of The Laughter Yoga Movement

- Laughter yoga is the brainchild of Dr Madan Kataria, 50, a family physician from Mumbai, India
- Laughter yoga was started with five people in 1995 and is now practiced in over 5000 Laughter Clubs in 40 countries.
- Laughter Yoga is non-religious, non-sectarian, and non-political and aims to enhance peace through laughter. It is a simple physical activity based on the philosophy of “acting happiness”
- Laughter Clubs are free and available to all. Anyone can start a laughter club. Laughter Yoga runs personal and professional trainings for anyone interested in learning more and/or teaching this method.
- Science and research demonstrate that laughing improves health and shortens recovery time following illness
- Dr Madan Kataria has written a book on laughter - Laugh for No Reason
- Laughter Yoga runs stress-busting seminars for business
- A Danish company boosted sales by 40% and reduced stress by 75% in one year using Dr Kataria’s laughter therapy.
- Dr Kataria proclaimed the first Sunday of May as “World Laughter Day”. Large audiences are attracted to celebrations of joy and laughter around the world every year on this day. The biggest turnout was in 2000 in Copenhagen, Denmark when 10,000 people attended a laugh-in.



### Contact Information:

#### America:

+1 626 755 5999

[info@laughteryoga.us](mailto:info@laughteryoga.us)

#### Australia/Pacific:

+61 (3) 9754 6700

[mervneal@maurant.com.au](mailto:mervneal@maurant.com.au)

#### India & World:

+91 (22) 2631 6426

[laugh@laughteryoga.org](mailto:laugh@laughteryoga.org)

### On The Web At

[www.laughteryoga.org](http://www.laughteryoga.org)



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(1) Laugh For No Reason, paperback

(2) Laughter Yoga Step By Step DVD