

What is Laughter Yoga? Why Practice “Unconditional Laughter?”

- ❖ LAUGHTER YOGA is a unique concept – where anyone can laugh for no reason, not relying on humor, jokes or comedy.
- ❖ We initiate laughter as deliberate practice. With group eye contact and playfulness, our laughter emerges more freely and is contagious.
- ❖ The reason we call it Laughter Yoga is because we combine laughter exercises with yogic breathing. This brings fresh, new oxygen to the body which helps us feel more energetic and healthy.
- ❖ The concept of Laughter Yoga is based on scientific research that suggests the body cannot differentiate between “fake” and “real” laughter . We receive the same physiological and psychological benefits.
- ❖ Laughter Yoga was started by a medical doctor, Dr. Madan Kataria from India with five people in a Mumbai Park in 1995. Since then, it has spread to 72 countries with *thousands of laughter clubs worldwide. Practice has expanded into business, clinical, wellness education and senior-care settings. Health and social benefit research of laughter and laughter yoga is expanding.*
- ❖ In order to get the many *health benefits* of laughing, we need to laugh continuously for at least 10 to 15 minutes. In Laughter Yoga, we laugh as exercise, prolonging it as long as we want. Typical adult laughing (a few seconds at a time, usually only a few times a day) is not enough to bring the physiological and psychological benefits to our bodies.
- ❖ To reap the health benefits of laughter, it needs to be deep and loud, regulated by the diaphragm – a “belly laugh”. It may not always be socially acceptable to laugh loudly, but Laughter Yoga group activity can provide a safe environment where one can laugh heartily. Group laughing can be a great foundation for solo laughter-care and sharing with family, friends and others.
- ❖ Natural laughter depends upon reasons and conditions, but there may not be many reasons to laugh in our lives. Meaning – *we leave our laughter to chance* - it may happen, it may not. Engaging in Laughter Yoga, we don’t leave our laughter to chance: we are guaranteed to laugh and feel good. It’s “unconditional laughter!”