

# Laughter Yoga

## **What is laughter yoga (laughter therapy)?**

The unique concept of Laughter Yoga, Laughter Club, and/or Laughter Therapy is the brain child of Dr. Madan Kataria, a physician from Mumbai, India. It is now a world wide movement with over 5000 clubs globally. Any one can laugh in a group for 15-20 minutes without depending upon a great sense of humor, jokes or comedy. Laughter Yoga combines simple laughter exercises (simulated laughter) and gentle yoga breathing, which turns into real laughter when practiced in a group.

## **Will I have to do difficult yoga postures?**

No. A Laughter Yoga session consists of clapping, stretching and breathing, simulated laughter exercises, and relaxation. There are no yoga poses, per se.

## **Why participate in Laughter Yoga?**

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. And, it may just bring about world peace!



## **Who is the best candidate for Laughter Yoga?**

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 wellbeing, and promote peace in the world through personal transformation. All exercises are adapted to suit the needs and abilities of the group participating.

- You do not need to have a sense of humor to laugh
- You do not need to be happy to laugh
- You do not need to have a reason to laugh

Our motto is, "Fake it 'til you make it!"

Laughing is an aerobic activity and it does involve a rise in intra-abdominal pressure. Please check with your doctor before participating in Laughter Yoga, especially if you have recently had surgery, have uncontrolled high blood pressure, heart disease, epilepsy, any kind of hernia, severe backache, a major psychiatric disorder, incontinency, or hemorrhoids.

## **Schedule your Laughter Yoga session today!**

Progressive Health Center  
701 E. Hampden Ave., Suite 225  
Englewood, CO 80113  
303-788-9399

Visit us at

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