

Arlingtonlaughteryoga@yahoo.com

Laughter Yoga

Wear a smile. Bring your silly bone and a bottle of water.

"Laugh and the world laughs with you!"

Laughter Yoga exercises (breathing, clapping, childlike playfulness, and movement) are designed to relax us and to boost our creativity. With intentional laughter we tap into a joy that brings feelings of health and well being. Join us – ALL AGES, five – 95 - for this playful and fun practice that has been proven to reduce stress and strengthen the immune system. The session ends with a brief silent meditation. For more information, please contact arlingtonlaughteryoga@yahoo.com.

"others should know how easy Laughter Yoga is and that all ages and abilities can do it (some stayed in their chairs!). It's all about laughing and the calming breathing of yoga, but not poses." Stephanie

"Laugh for the health of it."

Sunday, May 3, 6:30 – 6:45 am and 7:30- 7:45 am, World Laughter Day, Fletcher's Cove, Washington, DC. **FREE**

May 18, June 22, July 13, Aug. 10, Sept. 14, Oct. 12, Nov. 9, and Dec. 21; 6:30 - 7:30 pm, Arlington Central Library auditorium, 1015 N. Quincy St., Arlington, VA **FREE**

Tuesday, July 28, 7:30 – 8:30 pm, Washington National Cathedral, Bishop's Garden, Washington, DC. **FREE**

"Laughter is the shortest distance between two people." Victor Borge

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What is Laughter Yoga? Why practice it?

- ⤴ Laughter Yoga is a unique concept where anyone can laugh *for no reason*, without relying on humor, jokes or comedy.
- ⤴ We initiate laughter as deliberate exercise. With group eye contact and childlike playfulness, our laughter becomes mirthful and 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 medical research suggests *the body cannot differentiate between "fake" and "real" laughter* if done with willingness. 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 *70 countries with thousands of laughter clubs worldwide*.
- ⤴ In order to get the *many health benefits* of laughing, we need to laugh continuously for at least for 10 to 15 minutes.
- ⤴ 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 meetings provide a safe environment where one can laugh heartily.
- ⤴ Natural laughter depends upon reasons and conditions, but there may not be many reasons to laugh in our lives. Meaning, *we are leaving laughter to chance*. During Laughter Yoga meetings, we don't leave our laughter to chance - we are guaranteed to laugh and feel good.
- ⤴ Laughter is a stress buster - it reduces the levels of stress hormones epinephrine and cortisol.

"Ha ha ha can lead to Aha!" Arthur Koestler

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