**Laughter Yoga is an Exercise Program with Therapeutic Effects**

**Ease any Dis-Ease** ☺  **Tap Your Internal Pharmacy**

* Laugh Intentionally as an exercise with breathing to expel stale air and increase oxygen levels
* Joyfully decide to Laugh & Play make a choice for Levity
* Engage the diaphragm, laugh from the belly
* Whole Body Benefits from laughter as exercise or natural laughter
* Play and Vocalize – Laugh, add sounds, fun, relax and breathe

**What Laughter Yoga is:**

* A unique exercise routine developed by a physician from Indian, Dr. Madan Kataria in 1995.
* It combines unconditional laughter exercises with yoga breathing and stretches which brings more oxygen into the body and brain making one feel more energetic and healthy.
* Anyone can do deep belly laughter by choice without relying on humor, jokes and comedy.
* Laughter is simulated as a body exercise in a group with eye contact and childlike playfulness making it real and contagious. It’s a total wellness workout!

**BENEFITS Laughter Yoga has proven to:**

* Relieve stress - can help lift depression, anxiety, tension and alter mood
* Improve Attitude, Energy, Adaptability, Optimism, Concentration, Outlook
* Stimulate the release of hormones like epinephrine, dopamine & endorphins with long deep laughing from the belly
* Enhance the immune system, lymphatic system is stimulated
* Provide Aerobic exercise to increase heart rate, reduce blood pressure, improve blood circulation, cell oxygenation, improve lung capacity, oxygen levels, help flush residual stale air
* Provide a massage for internal organs. Laughter is internal jogging – improves muscle tone in diaphragm, abs, face and can help digestion
* Reduce pain - triggers the release of your body's natural painkillers (endorphins)
* Boost creativity and improves communication skills.

These Laughter Exercises are fun, simple for people of all ages and abilities to do and help participants have a positive outlook, hope and optimism. Laughter Yoga is a powerful cardio workout. It decreases the negative effects of stress on your body which is a significant cause of all illnesses. An international organization provides support, training protocols and a solid framework for effective laughing exercises.

**Types of Exercises**

* Emotional- tag laughter on top of action, connected to forgiveness, appreciation etc.
* Playful and Ridiculous – increase the size of your life view, broaden acceptance.
* Physical -- aerobic, balance, flexibility, resistance/strength, lung capacity, eye-hand coordination.

**Laughter Yoga advantages**

* Adapt to all abilities! Sit, stand, walk or a combo of all. No required supplies!
* Have fun, be creative, include with theme and seasonal props or ideas.
* Alone or any size group. Use in spare moments as you gather people for other activities or use one-on-one with clients A regular session is 10 to 50 minutes but once introduced can be used for just minutes

**Research** supports the concept that the body cannot tell the difference between fake and real laughter. New and existing studies are abundant worldwide to show how laughter really can be the best medicine.

According to founder, Dr. Madan Kataria, there are over 20 Laughter Yoga specific **scientific studies** now. Laughter exercises are mosPt impactful for depression and cancer. Studies are indicating usefulness in diabetes care, dialysis, other medical stressors.

Here are a few resources. Summary link [www.ncbi.nlm.nih.gov/pmc/articles/PMC3917183/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3917183/)

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Berk L, Felten D, Tan S, Bittman B, Westengard J. Modulation of neuroimmune parameters during the eustress of humor associated mirthful laughter. Alternative Therapies Health Medicine 2001; 2001(7):62—72.

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Ko HJ, Youn CH. Effects Of Laughter Therapy on depression, cognition and sleep among the community-dwelling elderly. Geriatr Gerontol Int. 2011 Jul;11(3):267-74. doi: 10.1111/j.1447-0594.2010.00680.x. Epub 2011 Jan 17. [PubMed] <https://www.ncbi.nlm.nih.gov/pubmed/21241447> *Laughter therapy is considered to be useful, cost-effective and easily-accessible intervention that has positive effects on depression, insomnia, and sleep quality in the elderly.*

Effect of laughter yoga on mood and heart rate variability in patients awaiting organ transplantation: a pilot study.[Altern Ther Health Med. 2012]

Intradialytic Laughter Yoga therapy for haemodialysis patients: a pre-post intervention feasibility study.[BMC Complement Altern Med. 2015]

Effect of laughter on mood and heart rate variability in patients awaiting organ transplantation: a pilot study.[Altern Ther Health Med. 2012]

**Change your life by LAUGHING DAILY**

* Laugh in the car –use the HA HA Mantra haaaa haaaa haaa ha ha ha ha
* Laugh more watching TV or movies (on purpose) or do laughing exercise with videos on YouTube *(my favorite Robert Rivest)*
* *Laugh in the bathroom, in the mirror, showering, doing chores*
* *Call a friend and just laugh for 1-3 minutes*
* Share Laughs smiles, and compliments - Be a Happiness Bringer!

For additional information - **Ellen Mercer,** Certified Laughter Yoga Teacher

M/text **405-818-7997** **LNMirther@cox.net**

www.**LaughterMoves**.com Purposeful Laughter for Wellness