

Kimmy's News Letter – April 2011

So much exciting laughter news over the past 6 months:

Beginning with a **LAUGHTER YOGA** session at the University of Zululand in Zululand, South Africa. A group of 15 of us, including a girl who is blind, and her guide dog, laughed on the rooftops of the University. They were psychology students and one of them was doing a thesis discovering the benefits of laughter on the mental state! – how pertinent! I am sending over my Laughter DVD – “Only when I Laugh”, so that they can continue laughing on the rooftops!

Back in Australia, I flew to Melbourne to laugh at a festival of 15,000 people at the Opening Ceremony. An Indigenous dance was before me and then the indigenous people stayed on stage and did **LAUGHTER YOGA** with me and the crowd below.

It was such a burst of endorphins as so many people connected through laughter.

It wasn't long after I flew home that I was flown again to country Victoria, this time to do the closing festival where 5,000 people joined in **LAUGHTER YOGA** before they began their three hour drive back to Melbourne.

We did the “Tootsie Ta Ta” and wow did we shake our booties!

Many people commented how they were now ready to face the drive home and the return to reality of work and duties after a big belly Laughter Yoga laugh.

Back home again Fremantle Town Council asked me to do **LAUGHTER YOGA** initially for a 4 week period and due to popular demand have extended this period until further notice. It has been wonderful to have people from the disabled community join in and laugh with us. What a joy it has been to watch them slowly warm to **LAUGHTER YOGA**, being quite tentative at first, and then moving to a place of big smiles, laughter and clapping.

Classes are held at Fremantle Town Hall on Thursdays from 10.00am – 11.00am, so come along and join in the fun.

I have also been doing **LAUGHTER YOGA** at South Beach on a Monday at 6pm over the summer.

We have a very eclectic group of all ages. It has been lots of fun with people who were picnicking just joining in. We even had the local footy team join in for the “Tootsie Ta Ta” and the “Hokey Pokey”

LAUGHTER YOGA continues to thrive at Cottesloe Cancer Wellness Centre from 11am to 12 noon on Wednesday's.

I have plans to head back to Africa in September and take **LAUGHTER YOGA** to the orphanages in Rwanda. After the 1994 genocide, Rwandans have been healing and rebuilding their community and **LAUGHTER YOGA** is a wonderful activity that connects people and brings mental and physical wellbeing to all.

Love and laughter to all
Kimmy O'Meara