

LAUGHTER YOGA & LAUGHTER CLUBS



Laughter Yoga was developed in Mumbai, India in 1995 by Dr. Madan Kataria, a qualified Medical Doctor and his wife Madhuri, a yoga teacher. Dr. Kataria recognised that people were laughing less, were more stressed and less playful.

Dr. and Madhuri Kataria have since travelled to 42 countries to teach Laughter Yoga. There are now over 6000 laughter clubs around the world in 61 countries and Laughter Yoga was introduced to Perth by Dr. Kataria in 2000. We now have many clubs around the metro area.

Laughter is a universal language that has the potential to unite individuals and communities. Laughter Clubs are a link between all nations and have no barriers. They are non-political, non-religious, non-racial and non competitive.

SOME OF THE BENEFITS OF LAUGHTER:

- Reduces stress and tension
- Provides cardio-vascular exercise and increases oxygen supply to the brain
- Releases endorphins which help us feel good
- Burns calories and stabilises blood sugar
- Strengthens the immune system
- Lowers blood pressure and produces a feeling of relaxation and well-being
- All these benefits accrue from just 10 minutes a day!



LaughWA, Inc.
ABN: 12 357 805 445



LAUGHTER IS THE BEST MEDICINE!

WHAT IS LAUGHTER YOGA?



Laughter Yoga is a group session which turns fake laughter into real laughter. It consists of breathing exercises from Yoga, playful hand-clapping and laughter exercises.

The brain cannot differentiate between acted or fake laughter and genuine laughter. In a group, laughter becomes contagious and the participants experience the benefits of laughter which are well researched.

FOR DETAILS OF: **Laughter Yoga Clubs**
World Laughter Day
Presentations and workshops or
Facilitator Training

Please check the website www.laughwa.org.au

OR CONTACT: **Grant on 0412 170 665**
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FOR MORE INFORMATION ABOUT LAUGHTER YOGA:

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HO! HO! HA! HA! HA!