

Quick Tour

Laughter Yoga In A Nutshell

- **WHAT**
 - : A different approach to fun, healing & stress management.
 - : Non-religious, non-sectarian, non-political, non-competitive.
 - : Royalty Free. Available to anybody, anytime, anywhere.
 - : Easy. Powerful. Appropriate and beneficial for all, regardless of their cognitive, sensorial or motor abilities / limitations.
- **HOW**

Laughter Yoga is a physically-oriented technique that uses a perfect blend of playful, empowering and otherwise "tension-releasing" laughter and breathing exercises. These exercises are simple, structured, and based on the philosophy of "acting happiness". You do not need to have a sense of humor, be happy or have any reason to laugh.
- **WHO**

Laughter yoga is the brainchild of Dr Madan Kataria, 50, a medical doctor from India. Laughter yoga was started with five people in 1995 and is now practiced in over 5000 Laughter Clubs in 50 countries.
- **WHY**

Laughter is more than mere silliness or fun: people who feel at ease, secure and happy achieve more, are better at constructive problem solving, suffer less stress, experience less sickness. Laughter puts anxiety on a back burner for everyone. We can't laugh and worry at the same time.

Laughter is a social glue that transcends all barriers: language, age, sex, social or racial background. It improves inter-personal relationships and enhances communication. It interrupts the power struggle and breaks down the instinctive barriers between people. At a deeper level it proves that pain can be overcome and also that we can all live at peace together no matter what.

- **WHERE IN LOS ANGELES**

Online: <http://www.laughangeles.com>
In Pasadena: Pasadena Laughter Club, 553 S Lake Avenue (inside Yoga Kingdom Sanctuary, 2nd Floor). We laugh every Friday, 6-7pm. All are welcome. No Fee. No jokes.



"This is one of the best and most therapeutic things I have done."

-- L. King

"You have helped me find inner resources I did not know I had at a time when I felt weak and powerless."

-- A. Rodriguez

For More Information

Call 626 755 5999

<mailto:laugh@laughangeles.com>

<http://www.laughteryoga.org>

Laughter is FUNdamental!