

Laughter Yoga Therapy for Group Stress Management



Dr. Siddharth Ashvin Shah

- Certified Laughter Yoga Teacher
- Trained with Founder Dr. Madan Kataria in 7-day course based in India



Celebrating Life and People through Laughter



**We are
wired to
LAUGH!**



Laughter Benefits

1. Boosts morale and motivates groups, teams, and families
2. Reduces tension, frustration, anger, and burnout
3. Helps people build resilience in the face of change



Laughter Benefits

4. Combats depression, anxiety and psychosomatic disorders
5. Strengthens the immune system
6. Stimulates creative problem solving

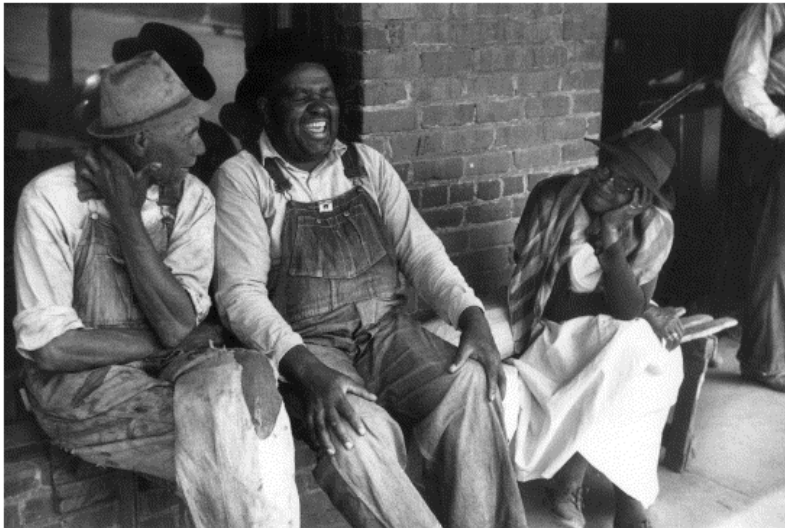


Laughter Benefits

7. Keeps everyday hassles and problems in perspective
8. Sustains positive attitudes on the job and at home



Laughter is Timeless



Laughter Yoga Magic



What is Laughter Yoga?

- A typical laughter session is a blend of deep breathing, stretching and stimulating laughter through unique exercises.
- Works for ages 5-105



What is Laughter Yoga?

- Dr. and Mrs. Kataria innovated it in 1995
- Group laughter produces a unique physiological balance in our bodies by connecting body, mind and spirit.
- It takes no special clothes or yoga mats



Media covering Laughter Yoga

- CNN (11.26.06)
- Associated Press (11.30.06)
- Good Morning America (12.4.06)
- National Public Radio (12.8.06)
- ABC - Channel 7 (3.5.07)
- Oprah (4.11.07)



“Laughter is a tranquilizer with no side effects.”
- *Arnold Glasow*



Relative Contraindications



- Acute illness
- Within 3 months of surgery
- Internal bleeding
- Severe heart disease (mild angina OK)
- Severe back pain



Relative Contraindications

- Severe hernia
- Psychiatric condition involving dissociation or paranoia
- Unstable Seizure d/o, Coughing problems, Urinary incontinence



Why Laughter Yoga?



Laughter yoga is based on a simple truth that all children know: laughter makes you feel better



Laughter Yoga Activities

- **Cultivating your Inner Smile**
- **Milkshake**
- **Cell Phone**
- **Electric Laughter**
- **Laugh at Yourself**
(pictured here)



More Laughter Activities

- The Lawnmower
- Jackpot
- Swing
- Going Crazy
- 4-way Laughter
- Lion (pictured here)



Getting Laughter for your clients *and* into your workplace

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For videos on Dr. Shah's sessions:

<http://laughtertherapy.wordpress.com>

