

[Slideshow about Laughter](#)

Laughter Yoga is a mild physical technique involving a blend of playful, empowering and **tension-releasing**

laughter and breathing exercises. Simple, structured and based on the philosophy of **enacting joyfulness**

, these exercises can be done in any environment and in any clothes. Companies that have brought Laughter Yoga leaders to the workplace describe the impact as

revolutionary

. This is impressive given that a typical program consists of weekly sessions only lasting 20 to 30 minutes.

Laughter Yoga is a comprehensive management tool that can do the following:

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
4. Combats depression, anxiety and psychosomatic disorders
5. Strengthens the immune system
6. Stimulates creative problem solving
7. Keeps everyday hassles and problems in perspective
8. Sustains positive attitudes on the job and at home



[Learn more at this website dedicated to Laughter Therapy](#)