LAUGHTER YOGA: A BIG DOSE OF JOY

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the genesis of Laughter Yoga
why we choose to laugh
laughter is exercise

laughter is breathing

breathing is life
laughter is an aerobic workout
Rowing machine
...or laughter?
laughter brings oxygen to every cell in your body
laughter is a big exhale
laughter reduces stress. Stress causes inflammation and disease, also dis-ease.
laughter fertilizes positive emotions and promotes ease
Laughter is contagious
with Laughter Yoga, we don’t leave laughter to chance
we can practice laughter in spite of our troubles
Move the body and the mind will follow—
Madan Kataria, MD
no sense of humor necessary
Even though you don’t need a sense of humor to practice Laughter Yoga, you may develop one.
The true object of all human life is play—G.K. Chesterton
the more you laugh, the more you laugh
as soon as you have a thought, laugh at it—Lao Tsu
laughter builds relationships and community
worldwide laughter
A smile is the shortest distance between two people—Victor Borge
a joy that’s shared is made double—
English Proverb
Time to laugh!
clap, laugh, and breathe
soak in laughter’s benefits
The goal of Laughter Yoga is to connect people with one another at heart level without judgment—that is the true meaning of Yoga.

—Madan Kataria, MD