



LAUGHTER YOGA— A LIFE CHANGING EXPERIENCE AND A POWERFUL WELLNESS TOOL

WHAT IS LAUGHTER YOGA?

Laughter Yoga is a deceptively simple, yet very powerful and potentially life-changing, form of exercise that anybody can do — anytime, anywhere. Its core premise is that your body can and knows how to laugh, regardless of what your mind has to say ; Laughter Yoga is a body- mind approach to laughter . You do not need to have a sense of humor, know jokes, or even be happy. Laughter Yoga invites you to fake it until it becomes real.

Laughter Yoga is non-political, non-religious, non-threatening and non - competitive. It is now indisputable that laughter plays a role in helping to stay healthy, controlling stress reactions, and maintaining emotional balance. Laughter has been rediscovered as a powerful tool in the battle against many mental and physical diseases.

Laughter Yoga also teaches emotional resilience : how to make happiness a choice and not a consequence, and how to respond positively even in the face of adversity.

If you want to feel good — it is advisable to make laughing everyday a priority.

Laughter Yoga combines laughter with yogic breathing exercises. It is the perfect way to laugh and get exercise at the same time. There are no yoga postures and these exercises can be done standing, seated or if needed, from the bed. The approach is that laughter is a body exercise and it is easy to laugh even if one is depressed or in a bad mood.

Laughter Yoga is a form of exercise that allows you to laugh heartily, engaging the diaphragm, for an extended period of time. Sessions usually last 30 - 60 minutes but 15 minutes of hardy laughter will give one the physical and emotional benefits when time is limited.

You learn that you can laugh for 'no reason' in particular... this is the purest form of laughter ...that is because it is unconditional. It puts one in touch with the very essence of self ; is loving, open , playful, and childlike. This is one of the many reasons that make Laughter Yoga fun and why it is spreading so quickly . It encourages one to play with others, without judgment or competition.

The practice of Laughter Yoga cause the body to release into the bloodstream high concentrations of chemical substances related to feelings of happiness, warmth, unconditional love, bonding ,tolerance, forgiveness, generosity, and compassion. This is definitely a 'joy cocktail'.

BENEFITS OF SUSTAINED LAUGHTER (documented Benefits)

- Relieves stress (reduces adrenaline and cortisol)
- Reduces anxiety, fear, depression (raises serotonin levels)
- Enhances the immune system (increased lymphocytes, moves the lymph, boosts natural anti-viral and anti-cancer cell activity)
- Dilates blood vessels, balances blood pressure increases lung capacity and heart resiliency)
- Relieves pain (produces endorphins, the body's natural pain-killers/ feel-good hormones; generates the natural 'chemistry of happiness')
- Improves sleep patterns
- Benefits digestion and elimination systems (laughter is sometimes called "internal jogging")
- Encourages relaxation (after the laughing)
- Boosts self-confidence, promotes compassion, deepens creativity and shown to increase memory

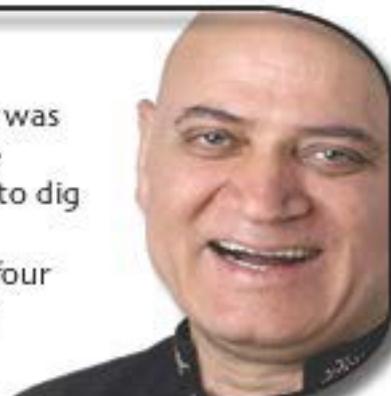
WHY LAUGHTER YOGA?



Everyone has heard that laughter is the best medicine and is good for your health. But, in this high-pressured, high tension modern world there are not many reasons which make us laugh. In order to get the scientifically proven benefits of laughter one must laugh for 10 - 15 minutes a day and laughter should be hearty and loud. This is not possible in real life as natural laughter is conditional and comes for a few seconds here and there and is not enough to bring the health benefits. Through Laughter Yoga one can laugh heartily for an extended period of time because it is being done as a physical exercise and not a mental process.

FOUNDER OF LAUGHTER YOGA

Laughter Yoga was created by a Medical Dr. in 1995. Dr. Madan Kataria was interested in helping his patients need less medications and began some research around the topic : Laughter is the Best Medicine. As he began to dig through the literature he discover that this statement was based on a background of sound science. He began the program with himself and four other people in a park in Mumbai, India. Today Laughter Yoga is in 100 different countries and 1000's of Laughter Clubs.



Emma Ferguson RN

- Laughter Yoga Teacher and Leader Emma received her Bachelor of Science degree in Nursing and went on to do post graduate work towards a Nurse Practitioner in Perinatal Nursing before turning toward the Holistic and Natural Health models.

Emma has over 30 years experience in the holistic field as Reiki Master, Joray Teacher/ Practitioner and Life Coach and is both a Laughter Yoga leader and teacher. certified through the International Laughter Yoga University (trained by Dr. Madan Kataria, for her Teacher Certification).

Emma has a very powerful way of connecting with others, inspiring them to take the needed actions towards the highest possibilities for their lives. She truly lives up to her reputation as "The Joy-Full Life Ambassador".

Her fields of expertise include holistic health, stress busting, team building, peak performance and communication. She is skilled as a consultant and motivational speaker for all ages, and has a personal desire to help transform the way one ages, allowing the accumulated strength and wisdom to come forward and be utilized and respected.

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