



LAUGHTER YOGA: A BIG DOSE OF JOY

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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**



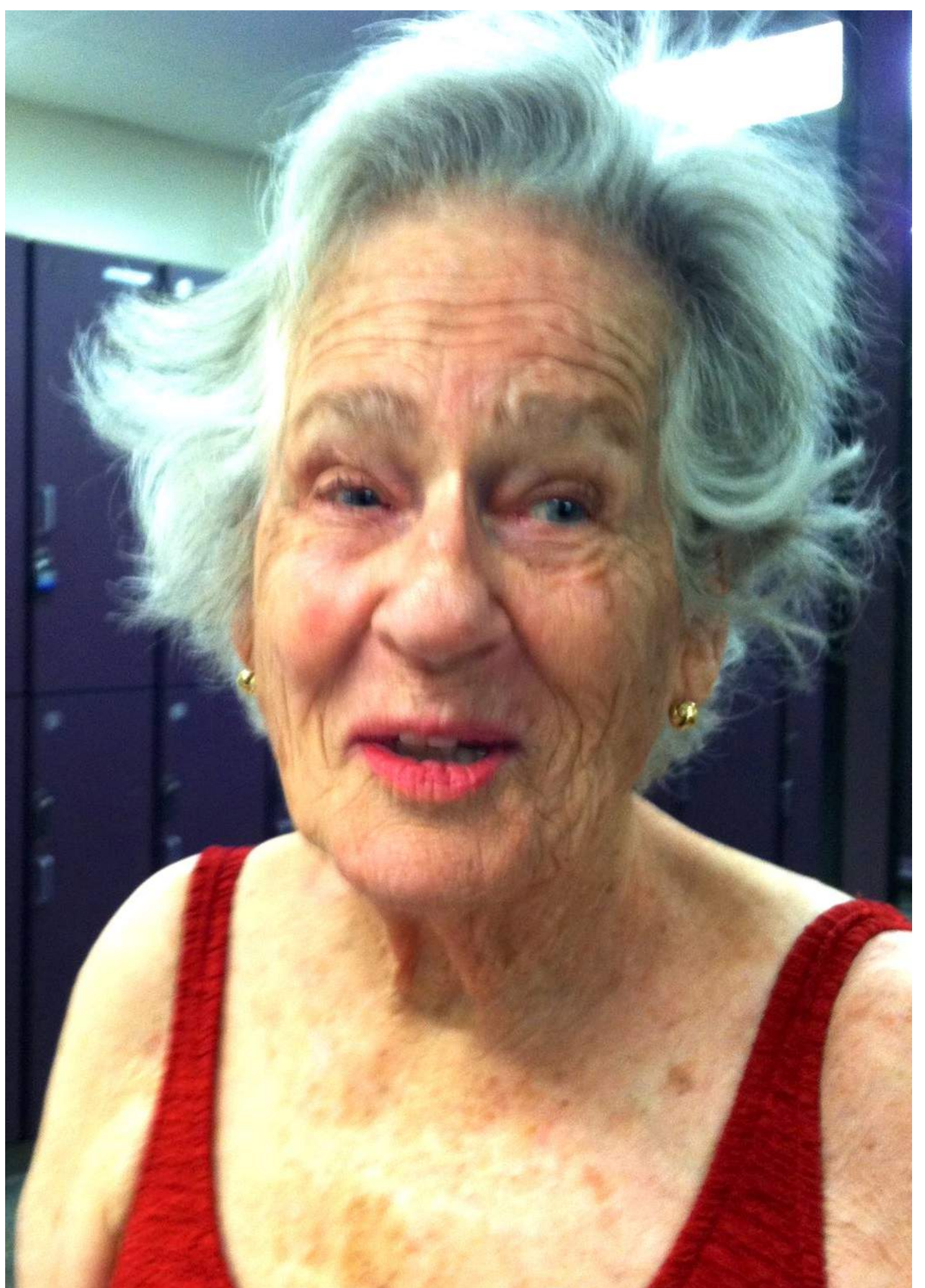
**Move the
body and
the mind will
follow—
Madan
Kataria, MD**





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
a joy
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**