

History

Laughter yoga was developed in 1995 by Dr. Madan Kataria, an Indian doctor with the support of his wife Madhuri, a yoga teacher in Mumbai.

Check out www.laughteryoga-canada.org

What is a Laughter Yoga Club?

A laughter yoga club is a group of people who come together on a regular basis and practice laughter yoga. It includes a series of yogic deep breathing, stretching, and stimulated laughter exercises that encourage child-like playfulness.

Why did RFSL start a club?

Rob Halfyard, Director of Resourceful Futures, took a course in certified laughter yoga followed by three months of practical experience, including presentations at the Alberta College of Social Workers' Annual Conference and World Laughter Day

Rob quickly realized how laughter yoga not only enhanced his personal health and wellness, he also realized the significant benefits that laughter yoga would have on promoting a healthy work environment by building employee confidence when communicating with others



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Resourceful Futures'

Employee

Laughter

Yoga

Club



LAUGHTER JUST MAKES YOU FEEL BETTER!!!



Health & Wellness Benefits of Laughter Yoga

- *Reduces levels of stress hormones*
- *Strengthens the immune system*
- *Tones facial muscles and expressions*
- *1 minute of laughter is equal to 10 minutes of rowing*
- *Massages internal organs, enhances circulation*
- *Increases endorphins, the body's natural painkiller*
 - *Helps control high blood pressure*
 - *Helps reduce anxiety and depression*
 - *Induces better sleep*
- *Improves lung capacity and oxygen levels*

How does it work?

Based on scientific fact, your body can't tell the difference between genuine and simulated laughter, therefore participants get the same physiological and bio-chemical benefits. Combining breathing exercises from yoga with laughter exercises increases the supply of oxygen to the body and brain



COME JOIN US

Rob Halfyard, Certified Laughter Yoga Instructor, will lead you through a program that enhances the benefits of laughter and encourages you to express your inner goof!!!

Like any other exercise program, you work at your own pace within your physical/mental limitations.

Before starting this or any other exercise program, you should consult with your doctor.

WHEN: *Every Thursday
3:30 to 4:30 pm*

LOCATION: *RFCSL Main Office
(Day Room)*

COST: *FREE !!!!!*

You will need to bring water, a towel, comfortable clothing, a positive attitude and a willingness to be silly.

LET'S BE SILLY AND HAVE FUN!!