

NEWSLETTER

Summer / Autumn 2013

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A New Year for Laugh WA

by Janni Goss, President of Laugh WA Inc.

Health Expo

Our new year started with an invitation to attend a Health Expo at Craigie Leisure Centre on Saturday 19th January. from 10 a.m. to 4 p.m. It was organised by Ben Horgan of the North Metro Medicare Local to promote health of mind and body.

Numerous organisations provided displays, demonstrations and giveaways. Laughter Yoga was presented in two time slots, as well as HeartMoves and a healthy eating demo with delicious results, which were shared around.

Janni presented at 11a.m. and Deb at 2 p.m, supported by Kath and Penny. It was good to welcome Grant, Trish, Peter, Kerry and Dolly to the event as well. It was an excellent opportunity to share the benefits of Laughter Yoga with the general public.

In recent months, I have been participating in teleconferences with the other State Leaders from Victoria, NSW, South Australia and Queensland, and Merv Neal - CEO of Laughter Yoga Australia/NZ. Our goal is to create a professional organisation of Laughter Yoga practitioners which can facilitate Laughter Yoga being recognised as a complementary therapy. There will be two tiers - the Social movement of Laughter Clubs (not for profit) and a professional tier for those practitioners who provide presentations and trainings on a fee for service basis. This is an exciting initiative which is in its development stages.

Perth Laughter Club, founded by Grant Stone, commenced its 13th year on Wednesday, 23rd January and continues to attract newcomers as well as our regular members. It also provides an opportunity for our new facilitators to practice their skills, build confidence and keep in touch with the Laughter Community.

Laugh WA is undertaking another initiative! A new website is being planned which will be easy to update with current information on Laughter Clubs, Trainings and events. There will also be a page for Laughter Yoga practitioner profiles and contact details, so please contact me if you wish to be included. We would like to express our thanks to Grant and Wolf for their partnership in establishing and maintaining the original website.

The Best medicine.....

Laughter Heals

Stress Kills



WE WHO LAUGH.....LAST!!

More news from Janni

Laugh WA is supporting a Garage Sale which Kimmy is holding on Sunday 3rd February to raise funds for her next humanitarian trip to Rwanda in March/April 2013. If you haven't been able to donate goods or attend the garage sale (and much thanks to those who have), please consider making a financial donation to this very worthy project. Details can be found at www.cvcrwanda.org or you can contact Kimmy on mob. 0428 831 722 to find out about other fundraising events.



Laughter Yoga was introduced to a Diabetes Support Group at Derbarl Yerrigan Aboriginal Health Service on December 20th 2012. It was at the invitation of Lyn Dimer, Aboriginal Health Coordinator at the Heart Foundation. Dot Henry, who works in Health Promotion at Derbarl is our first Aboriginal Laughter Yoga facilitator and helped to run the group which resulted in much healthy laughter. Dot plans to contribute Laughter Yoga to the group on a regular basis - Very good! Very good! Yeeay!



left to rightLyn, Janni and Dot

The Vision of Laugh WA

That all West Australians know and experience the benefits of laughter



7 Happiness Exercises from Deb Forde

Just as you can't separate the juice from the orange, you can't separate laughter from happiness. The regular practice of any of the following simple exercises will help you create a sense of greater happiness in your life.

1. Write down three positive occurrences that happened during the day, every night for one week. Then for each occurrence write down an answer to the question of why the good thing happened.
2. Relate and share good news with others
3. Express gratitude, appreciation and forgiveness
4. Challenge each negative thought as it arises, then question it to judge if the likelihood or probability of the forecast disaster is actually existent and if so, to what extent. Over 96% of everything that humans worry about never comes to pass.
5. Enhance the positive traits rather than rue and mull on the negative thoughts.
6. Make optimistic attributions to real life situations as a preference to pessimistic conclusions.
7. Smile and laugh every day. Fake it if you have to and if so put some passion into your faking!!

Read more at www.laughteryogaamerica.com

After the great success of the training and conference in August 2012 there are plans for Sebastien Gendry, CEO of Laughter Yoga America, to return to Perth in October to provide a 3 day training (9 - 11th) or another 5 day training (7 - 11th). I encourage all Laughter Yoga facilitators who have not trained with Sebastien to consider this life-changing opportunity! Merv Neal is also offering a 2 day business training (12-13th October) which is essential for those hoping to progress their 'Laughter Career'. Please inform Janni of your interest in any of these events ASAP so that plans can progress. (Phone 9361 4860 or email jannig@iinet.net.au)



News from Kimmy and Olimpia

HOOLEY DOOLEY !! We are having some fun on Mondays at 6.30 near the kiosk at South Beach Fremantle during summer. Our group is growing every week and we always have people join in who are just down for a swim or a picnic and being attracted by the laughter.

It is such an eclectic group including business people, hippies, holiday makers, back packers, mums, dads, kids, internationals – young and old all coming together to share fun and laughter and go home with a smile and feeling of wellbeing.

We have some people who really get into the laughter meditation and let loose with some great belly laughing, snorts and cackles! It is a very uplifting group that boosts everyone with a renewed sense of vitality.

Come and play with us and bring along a laughter exercise of your own creation and we will join you in celebrating it and turning it into a laughing matter!!



News from Dorothy Scott

So far this year I have enjoyed helping Kimmy with her FREE Summer Laughter sessions at South Beach, Fremantle - on Monday nights from 6.30 to 7.30 p.m. Each week more and more people are coming along and it is such a joy to see strangers coming together as a group and getting into the spirit of 'Laughter playfulness' The joy of hearing everyone's laughter getting louder and louder as we go through our laughter session is so contagious. I just love it!!

Kimmy and I will be attending the February meeting of Pulmonary Hypertension of WA and Kimmy has been asked to give a talk on her upcoming trip to Rwanda. We have enjoyed getting to know the members of PHWA since we did a Laughter presentation in December 2011 and despite the various health limitations of those attending, they have such a wonderful spirit and love to 'laugh'.

I am looking forward to visiting my hometown Edinburgh, Scotland with my husband Alastair during the months of May and June this year and I plan to run a few Laughter Sessions with my fellow 'Scots' and looking forward to introducing them to some of our 'Australian Laughter Playfulness'!!!

News from Rosemarie Williams

On 21st November 2012, I did my first professional gig as a Laughter Yoga Facilitator at the Professional Development Day held in Collie for the Department of Child Protection. There were approximately 80 staff present from the offices of Bunbury, Collie and Busselton. It was the first time I had experienced the amazing sensation of leading a large group of people with laughing, chanting and breathing.

It was an empowering experience for me and I received wonderful feedback. This gig was a direct result of the Bunbury Laughter Club conducting a session at the Relay for Life several weeks earlier. A DCP staff member, who had enjoyed it and could see the health benefits, came along to the following Saturday's session in the Activity Room at the Bunbury Public Library. She then enquired if any of the leaders were available to attend the PD in Collie and I put my hand up.

On 13th December my second professional gig was at the Bunbury St. John of God Hospital. The Director of Nursing had experienced Laughter Yoga at a Conference some years back and was impressed with the session. There were 10 Heads of Department at a staff meeting, which commenced at 8 a.m. and I was the 'surprise' for them at 9am. Apart from one other person who had experienced Laughter Yoga in the past, it was a new experience for them. They were very receptive and once again I received excellent feedback and left feeling as high as a kite! I look forward to further gigs in 2013 and can be contacted on 9721 1410 : 0409 553 786 or email rosewilliams@westnet.com.au





News from Patricia Jamieson

In April 2012 the Nedlands Affinity Laughter Club was launched to create activities that promote a 'can-do' attitude to life for seniors. I chose the name 'Affinity' as this means a connection between things or to be united in purpose.

We meet on the second Wednesday of each month - 13th February, 13th March, 10th April, 8 May etc. from 10.30 to 11.30 a.m. at Nedlands Community Centre, 97 Waratah Avenue, Dalkeith

Any enquiries to Patricia 9386 6170 or pjamieson@nedlands.wa.gov.au

Facilitator Training



We look forward to welcoming our next group of Laughter Yoga facilitators to Laugh WA. Our next workshop is on 16th February, 2013 at Quintilian School, Mt. Claremont. The trainer will be Kimmy O'Meara.

Regular training workshops are held to promote more Laughter leaders to provide presentations for clubs and schools, as well as corporate and

private events. Through Laughter Yoga we build healthier minds, bodies and communities.

Contact Kath for enquiries 9341 5153 or email kathmckeown@bigpond.com

WHAT IS LAUGHTER YOGA?

Laughter yoga is a group session of aerobic activity which turns fake laughter into real laughter. It consists of breathing exercises from Yoga, hand-clapping rhythms and playful laughter exercises. The brain cannot differentiate between fake laughter and genuine laughter, and provides the benefits of laughter anyway! In a group laughter becomes contagious and the participants gain many advantages, which are well researched.





More news from Kimmy

Laughter Yoga is creating miracles at PCYC Hilton.....

.....where people with disabilities are enjoying a one hour session each Wednesday at 10.30.

Olimpia Cecora and myself have been holding these classes for about 18 months, beginning at the Cancer Wellness Centre and moving to PCYC because of the overwhelming popularity which increased our numbers dramatically.

We would have around 30 to 50 people, including carers every week. Some in wheelchairs with cerebral palsy, Down syndrome and all with physical and intellectual disabilities.

We have seen people who refused eye contact for communication who are now engaging eye to eye and talking. Others who wouldn't enter the room, now join Olimpia and me in the middle of the circle. People who didn't allow touch are now accepting to be tickled and others are walking around who wouldn't get out of their wheelchairs.

Tears of joy have been shed by both Olimpia and me, and we have experienced the magic laughter can bring in very tangible ways.

The carers tell us that Laughter Yoga exercises are done back at the centre by their clients who clap 'very good, very good - yeeaaay' when they are happy and dance the tootsie ta-ta with each other.

The carers themselves love Laughter Yoga because they join in and get all the benefits that laughter offers. This includes feeling happy and positive throughout the day. They tell us their clients are much easier to care for after Laughter Yoga.

Olimpia and I have so many plans for the future of Laughter Yoga and people with disabilities, that we have made a 10 minute video of our sessions. This includes testimonies from clients and carers. We will be showing this to Disability Services around WA to let them see the difference Laughter Yoga is making to these peoples' lives. This is with a view to getting a grant so we can bring Laughter Yoga to all people with disabilities.

The benefits of Laughter Yoga are very measurable, distinct and profound. To see them unfold in such a dramatic and progressive way for people with special needs, leaves Olimpia and myself feeling very blessed and privileged.

We invite any Laughter Yoga facilitators who would like to come along on a Wednesday to gain more experience in leading a group. Or just come and help bring joy and its benefits to our very large group of special people. You will find that you will take home much more than you came with!

Laughter is one of the most cost-effective remedies for stress reduction, boosting the immune system and contributing to health and wellbeing.

Happy New Year to all our Laughter Family

Flight 2013 will shortly be ready for boarding! All luggage should contain only the best 2012 memories. Any bad experience to be left behind at lost property. The flight will last exactly 12 months.

Intermediate landings take place at:

Health, Love, Joy, Harmony, Peace and Prosperity.

The Captain and his crew propose the following menu for the flight:

Friendship Cocktail

Good Health Starter

Prosperity Gratin

Excellent News as Main course

served with Success Salad

and to finish a Good Fortune Pudding

All courses will be accompanied by bubbly laughter and I wish you a most pleasant journey on board flight 2013!

BENEFITS OF LAUGHTER

- **Reduces stress and tension**
- **Provides aerobic exercise and increases oxygen supply to the brain**
- **Releases endorphins which help us feel good**
- **Burns calories and stabilises blood sugar**
- **Strengthens the immune system**
- **Lowers blood pressure and produces a feeling of relaxation and wellbeing**
- **Enhances relationships, wellbeing and productivity in the workplace**
- **Laughter contributes to our resilience - the ability to bounce back from daily stress7 and much more!!**



LAUGHTER CLUB LOCATIONS

FEBRUARY 2013

PERTH LAUGHTER CLUB: Loftus Community Centre (Cnr. Loftus and Vincent Streets, Leederville) Meets every second Wednesday 6.30 p.m. to 7.30 p.m. - Enquiries: Grant 0412 170 665 or email - grant@laughwa.org.au

COTTESLOE LAUGHTER CLUB: Cancer Wellness Centre, Railway St. Cottesloe - Enquiries: Cancer Wellness 9384 3544, will be recommencing later in 2013

TRIGG LAUGHTER CLUB: Indian Ocean Club meets at Jim Clarko Reserve, Trigg. (At the end of Karrinyup Road) at 6 p.m every Tuesday. All ages welcome. Enquiries ring Peter on 0408 944 815

YOKINE LAUGHTER CLUB: Jewish Care, 61 Woodrow Ave, Yokine – Meets fortnightly for seniors. Limited numbers . Call Sarah on 9275 6743

HILTON LAUGHTER CLUB: PCYC, 32a Paget Street, Hilton. This is a class for a mix of people with disabilities but everyone welcome. Wednesdays from 10 – 11 a.m. Enquiries to Kimmy on 0428 831 722 or email Olympia - olimpia@live.com.au

FREMANTLE LAUGHTER CLUB free community event meets at South Beach near the kiosk at 6.30 p.m. during the summer months. Enquiries to Kimmy on 0428 831 722 or email Olympia at olimpia@live.com.au

NEDLANDS LAUGHTER CLUB Seniors Affinity Club meets second Wednesday each month at 97 Waratah Avenue, Dalkeith from 10.30 to 11.30 a.m. Enquiries to Patricia on 9386 6170

GERALDTON LAUGHTER CLUB: For enquiries contact Oriel Clark email: kevex@wn.com.au or phone 9923 2725. Also holds regular talks and demonstrations.

BUSSELTON LAUGHTER CLUB: Salvation Army Hall, 94 Kent Street, Busselton. Enquiries: Helen on 0437 286 618

BUNBURY LAUGHTER CLUB: Bunbury Library Activity Room, Parkfield Street, Bunbury. All welcome. Meets Saturday mornings 10 – 11 a.m. Enquiries: Lindi Judge on 9797 2374

Visit our web site www.laughwa.org.au
