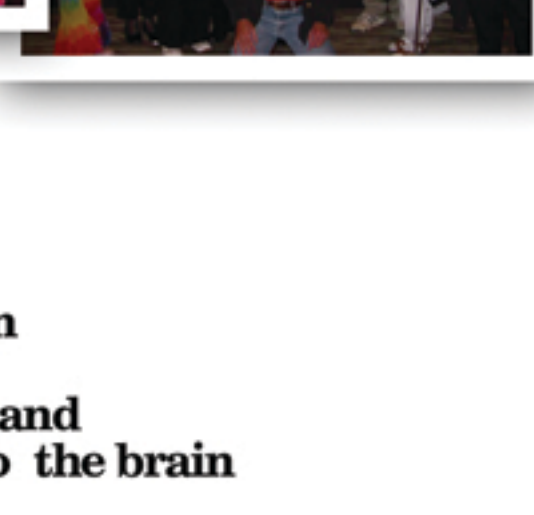
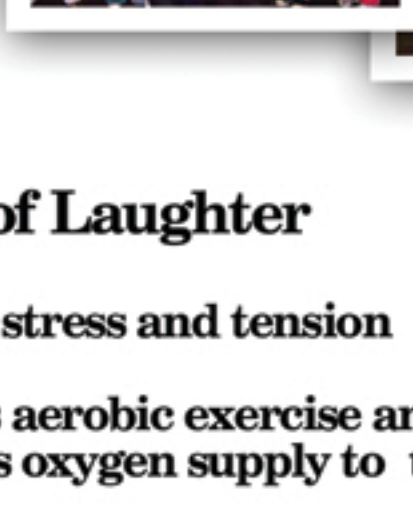
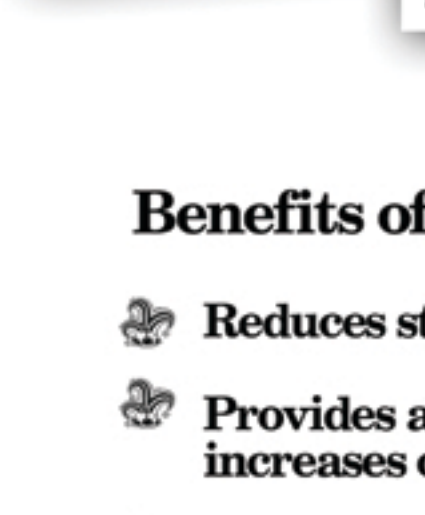


Laugh WA Inc. Welcomes you!

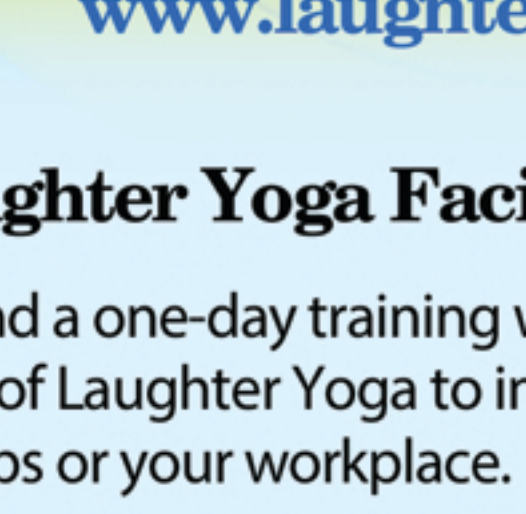


Benefits of Laughter

- ☺ 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 stress

We Who Laugh... Last!

www.laughwa.org.au



Dr. Madan and Mrs. Madhuri Kataria
www.laughteryoga.org

Laughter Yoga Facilitator Training

Attend a one-day training workshop to learn the skills of Laughter Yoga to introduce into any groups or your workplace.

For further information visit www.laughwa.org.au

- ☺ Laughter Clubs in Perth and country areas
- ☺ World Laughter Day (1st Sunday in May)
- ☺ Laughter Yoga Facilitator Training
- ☺ Public Events/Workshops including Laughter Yoga
- ☺ Profiles of Laughter Practitioners for Presentations
- ☺ Links to relevant websites



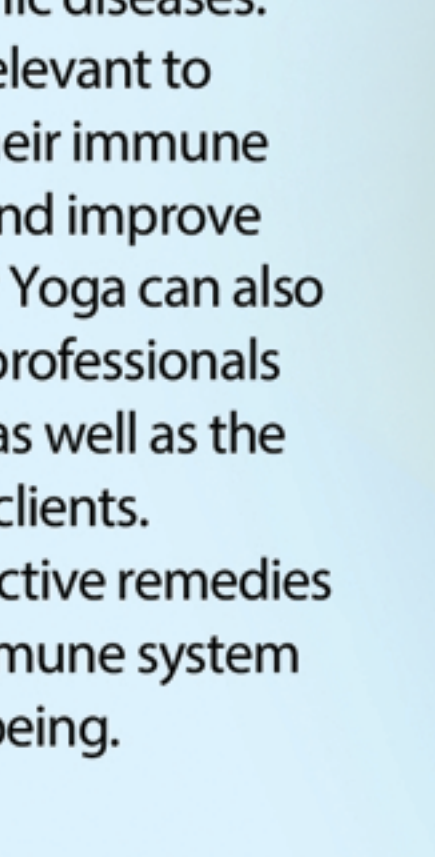
Laughter Yoga was developed in Mumbai, India in 1995 by Dr Madan Kataria, a medical doctor and his wife Madhuri, a yoga teacher. Dr Kataria recognised that people were more stressed and less playful, and that laughter had significant health benefits. They have travelled to 42 countries to teach Laughter Yoga, resulting in over 6,000 Laughter Clubs around the world in 70 countries. Dr Kataria introduced Laughter Yoga to Perth in 2000. The Perth Laughter Club has run continuously for 13 years and there are other metro and country clubs.

What is Laughter Yoga?

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

ABOUT LAUGHWA (Inc)

Our members facilitate Laughter Clubs in Western Australia in order to bring the benefits of Laughter Yoga to all West Australians, to build healthy minds, bodies and communities.



EVERYONE CAN BENEFIT FROM LAUGHTER YOGA.....

In Aged Care...

The benefits of various forms of 'Laughter Therapy' for older people in residential care are well documented. Laughter Yoga can be introduced to residents as part of any friendship or exercise groups to create fun and laughter and to add quality to life. Staff can also benefit from brief Laughter Yoga sessions to reduce stress, enhance teamwork and improve wellbeing.

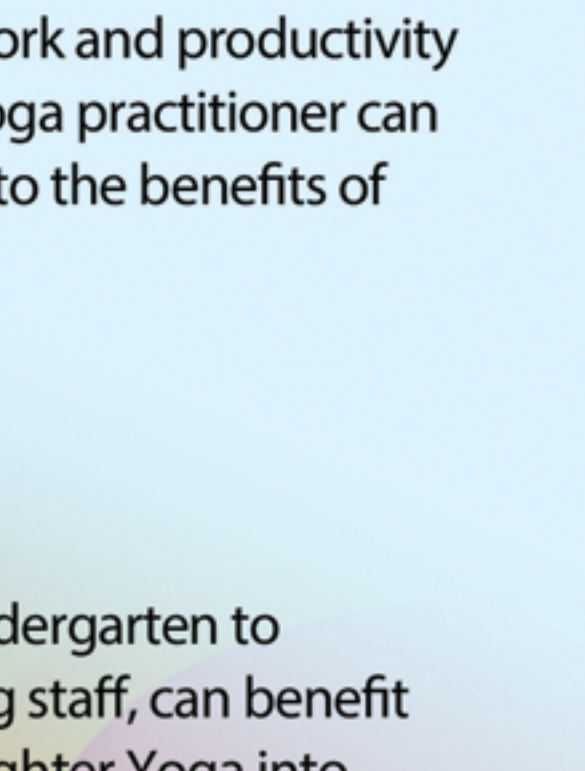


In the Health Sector...

Laughter Yoga is highly recommended as an adjunct to the management of chronic diseases. The health benefits of laughter are relevant to anyone who wishes to strengthen their immune system, reduce the effects of stress and improve their health and wellbeing. Laughter Yoga can also provide benefits to staff and health professionals who deal with daily responsibilities, as well as the vicarious stress of their patients and clients. Laughter is one of the most cost effective remedies for stress reduction, boosting the immune system and contributing to health and wellbeing.

For Mental Health...

Laughter Yoga is recommended for people experiencing depression and other disorders because of the mood lifting effect of laughter. It is aerobic exercise which releases endorphins.



For People with Disabilities ...

Many benefits have been experienced by people with disabilities who attend Laughter Clubs, participating in Laughter Yoga with increasing enjoyment.

Social and physical skills have improved and Laughter Yoga has become a significant part of their recreation, improving their quality of life. Carers can learn Laughter Yoga to incorporate into their groups.

In Work places...

Research at Deakin University in Victoria demonstrates an improved sense of wellbeing and morale for people who share regular sessions of Laughter Yoga in the workplace. Stress is reduced and communication, teamwork and productivity are improved. A Laughter Yoga practitioner can introduce your organisation to the benefits of Laughter Yoga.

In Education...

Students of all ages from Kindergarten to University, as well as teaching staff, can benefit from the introduction of Laughter Yoga into classrooms. Learning is facilitated by a positive environment where students are alert, stress levels are reduced and motivation is increased. Laughter Yoga has the potential to enhance attention and wellbeing in classrooms.

