

also strengthens the immune system, lowers blood pressure, controls blood sugar and keeps your heart healthy. It is a powerful antidote against depression - the number one sickness today.



4. Social Life: The quality of life and life satisfaction does not depend on how much money, power, position and success you have; rather it depends on the number of good friends with whom one has a caring and sharing relationship. This appreciation and acknowledgement helps in emotional development. Laughter Yoga is a positive energy which quickly connects you with people and helps to make friends easily.

5. Inner Spirit of Laughter: Laughter Yoga will teach you how to keep your spirits high when you face challenges in life. It promotes a positive mental attitude to help you cope with negative situations and deal with difficult persons in a much better way.



Sophie Terrasse, ATPQ, CAST, IKYTA, is Founder and Director of the **Sunflower Institute**, the **Ottawa Sunflower Laughter Club** and most recently, **Laughter Capital**.

Combining Art Therapy, Sand Play Therapy, Kundalini Yoga and Laughter Yoga techniques, she offers therapy services, teaching seminars, group workshops and retreats in Canada and around the world, also appearing as a guest speaker in many public events, conventions and conferences.

A Certified Laughter Yoga Leader and Teacher (CLYT), Sophie received her training and certification from Dr Madan Kataria, M.D., founder of the worldwide Laughter Yoga movement. She offers laughter services to groups and individuals in government agencies, large corporations and small businesses, professional organizations and associations, hospitals, senior care centres, schools, universities, daycare centres...

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LAUGHTER YOGA

the Yoga of the New Millennium



A Life Changing Experience

Inject laughter in your life

- Laughter Yoga is the latest Health Craze sweeping the world where anyone can laugh without any reason. You don't need to rely on sense of humor, jokes or comedy.
- Anyone can do it; it is scientifically proven; easy to learn and a lot of fun. People can feel the benefits right from the very first session.
- It is practiced in companies and corporations, Fitness centers, Yoga studios, Centers for Seniors, Schools, Colleges, Universities, Physically and mentally challenged and Self help cancer groups.

What is Laughter Yoga

Laughter Yoga is a unique exercise routine developed by Indian physician Dr. Madan Kataria and supported by his wife Madhuri. It combines laughter exercises with yoga breathing (Pranayama) which brings in more oxygen to the body and brain making one feel more energetic and healthy.



Anyone can laugh without relying on humor, jokes and comedy. Laughter is simulated as a body exercise in a group but with eye contact and childlike playfulness it turns into real and contagious laughter. It is based on the scientific fact that the body cannot tell the difference between fake and real laughter and one gets the same health benefits. Laughter Yoga has been widely covered by media which includes prestigious publications like TIME magazine, BBC, CNN and the Oprah Winfrey show.

Why Laughter Yoga

Everyone knows laughter is the best medicine and is good for health. But, in this high-pressure, 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 15 to 20 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 few seconds here and there and is not enough to bring health benefits. Through Laughter Yoga one can laugh for an extended period of time and heartily because it is a physical exercise and not a mental process.

What is a Laughter Club

Laughter clubs are social clubs where people get together and do Laughter Yoga exercises usually for an hour to reap the multiple health benefits of laughter and breathing exercises. It provides a rich social network of caring and sharing relationships.

Laughter clubs are FREE or minimal cost. They are run by volunteers trained as laughter leaders and teachers. They are nonpolitical, non-religious and non-profit organizations run under the auspices of Laughter Yoga International. Our ultimate objective is to bring good health, joy and world peace through laughter.

What happens in a Laughter Session

A typical Laughter Yoga session is led by a laughter leader or teacher who controls the group, gives instructions for different laughter, breathing and stretching exercises. There are four steps of Laughter Yoga – clapping, breathing, childlike playfulness and laughter exercises.

It starts with warm up exercises like clapping, chanting ho ho ha ha followed by different laughter exercises which help people to laugh loud and heartily from the belly. These exercises are interspersed with deep breathing. We encourage members to cultivate child like



playfulness and make eye contact which leads to real and spontaneous laughter.

Five Benefits of Laughter Yoga

1. Personal Life: Laughter Yoga will help add more laughter to your life, develop a sense of humor and a smile. You will feel more self confident, have a positive outlook, hope and optimism. It changes your mood within minutes and if your mood is good, everything seems good and you are at your best everywhere.

2. Business life: Your output and performance depends on your energy level. For optimal functioning of the brain, you need 25% more oxygen than any other body organs. LY increases the supply of oxygen, not only to the brain but to the entire body to help you work more than normal and efficiently.

3. Health Benefits: Laughter Yoga is a powerful cardio workout; in fact 10 minutes of hearty laughter equals 30 minutes on a rowing machine. It unwinds the negative effects of stress which is the root cause of all illnesses. LY is a single exercise that deals with physical, mental and emotional stress simultaneously. It