

## Lesson - 7

### Bringing Laughter Yoga into real life

You will learn how the wisdom of Laughter Yoga exercises can be applied in real-life situations to bring about transformation and help cope with challenges of life and laugh in the face of free floating hostilities of daily life.



## Lesson - 8

### Evaluation and commitment

At the end of One-on-One coaching, your coach will again evaluate your knowledge in the skills you have acquired during eight weeks of training. She will motivate and inspire you to continue Laughter Yoga practice everyday, and will assure you of her support to bring more laughter and joy in your life.



## Your Coach

**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...

For details, please contact:

### **Sophie Terrasse**

Ottawa, Ontario, Canada  
[sophie.terrasse@laughtercapital.com](mailto:sophie.terrasse@laughtercapital.com)  
[www.laughtercapital.com](http://www.laughtercapital.com)  
[www.sunflowerinstitute.ca](http://www.sunflowerinstitute.ca)

8 Lessons

**ONE ON ONE**

**Laughter Yoga**

**COACHING**



**Did you know you can laugh even if you don't feel like laughing? You don't need a great sense of humor to laugh; you can laugh even if you're not happy. Laughter Yoga is the Newest Health Craze which is sweeping the world & can change your life. Anyone can do it; it is scientifically proven, easy to learn and a lot of fun.**

**One On One Laughter Yoga coaching is ideally suited for anyone who wants to add more laughter and joy to their life, for people facing enormous stress and depression, for introvert and shy people, for older people who have forgotten to laugh, the physically challenged and bedridden and for those with chronic diseases.**

## What is Laughter Yoga

Laughter Yoga is a unique exercise routine developed by Indian physician Dr. Madan Kataria, in which anyone can laugh without relying on humor, jokes or 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 combines laughter exercises with yoga breathing which brings in more oxygen to the body and brain, making one feel more energetic and healthy.

It is based on the scientific fact that the body does not tell the difference between fake and real laughter. One gets the same health benefits. In fact, you can feel the difference from the very first session.

Laughter Yoga strengthens the immune system. It is a powerful antidote for depression, reduces blood pressure, increases the net supply of oxygen to your body and brain, making you feel energetic. It reduces symptoms of allergies, asthma, arthritis and other aches and pains.

## About One On One Coaching

This is a new program which enables people to learn Laughter Yoga exercises One-on-One. The format includes one lesson every week for eight weeks, interspersed with practice sessions at home and on the phone with the coach. It is an excellent way to help individuals learn the techniques of Laughter Yoga to get multiple health benefits and become a part of the worldwide Laughter Yoga community.

## Difference between LY Coaching & Teaching

While teaching is imparting knowledge and skills, LY coaching is a commitment and partnership between the coach and the student where the

coach helps, motivates and inspires her student to implement these knowledge and skills in a personalized environment.

## Lesson – 1

### Introduction, History, Concept and Philosophy behind Laughter Yoga

You will learn about the whole concept of Laughter Yoga, how it evolved and the scientific rationale and health benefits of laughing without a reason. Your coach will evaluate your Laughter Quotient (LQ) which measures a person's ability to laugh, personality type, level of playfulness, sense of humor, ability to express emotions, ability to cope with challenges and communication skills etc. This explanatory session is followed by warming-up exercises to loosen the inhibition and shyness.

## Lesson – 2

### Fake it until you make it

In this lesson, your coach will explain the scientific fact that even if one pretends to laugh, the body does not know the difference – one gets the same health benefits whether laughter is real or fake. He will teach you a series of fake laughter exercises and voice reinforcement techniques that eventually lead to spontaneous laughter.

## Lesson – 3

### Motion creates emotion

You will learn how to laugh even if you don't feel like laughing with the help of the scientific theory of "Motion creates Emotion". Your coach describes the two-way link between the body and mind and how one can change their state of mind by changing body behavior and vice versa. This is followed by laughter and breathing exercises which help to move the body and change the mental state.



## Lesson – 4

### Difference between Happiness and Joy

You will understand the difference between Happiness and Joy. The coach will explain that while happiness is a conditional response depending upon many reasons of life, joy is an unconditional commitment to have fun from within. It can be induced by simple body behavior like singing, dancing, playing and laughing. You will learn different techniques and laughter exercises which help cultivate a joyful state of mind.

## Lesson – 5

### You can train your Body and Mind to Laugh

You will learn what is neuro linguistic programming as the coach explains how one can train the body and mind to laugh and create a joyful state by simply repeating a particular set of body behaviors like playing and laughing.

## Lesson – 6

### Connection between Breathing and Laughter

You will learn how laughter and breathing exercises from yoga help to bring more oxygen to your body and brain. The coach also demonstrates five basic breathing exercises from yoga: Kapalbhati, Anulom Vilom, Synchronised breathing, Mindful breathing and Humming.