

Laughter Yoga is a Fun way to reduce stress and relieve depression and anxiety. It's not political, and it's not religious. Instead, Laughter Yoga seeks to promote world peace by using laughter to build positive bonds between people all over the world in over 55 countries.

In Laughter Yoga, we put our bodies through the physical motions of laughter and happiness, and then the Emotions will follow. That happens because our body can't tell the difference between spontaneous laughter and physically induced laughter.

If our body tells our brain that we're happy, then we get all the physiological and psychological benefits of regular laughter.

You don't need a yoga mat, just bring your body and a willingness to laugh for no reason, no joke.

And it's all done with simple yoga breathing techniques and easy playful laughter exercises. The secret is to tap into that natural joy that we all have inside of us and to encourage our childlike playfulness.

So let go of your serious adult thinking for awhile. Give yourself a mini vacation into playfulness and joy.

Come laugh with us at Camarillo Yoga Center, and join the Laughter Yoga Club! Every Saturday morning at 7:30 AM.

And it's Free! 

WHAT IS LAUGHTER YOGA?

Try something new; try laughing for no reason; try Laughter Yoga.
It might stir up your innate joy and start a happiness habit.

Laughter Yoga is a physically-oriented technique that uses a perfect blend of playful, empowering and otherwise "tension-releasing" simple laughter exercises, interspersed with gentle breathing and stretching exercises, and rhythmic clapping and chanting of Ho Ho Ha Ha Ha in unison. This is done as a way to improve health, increase well-being, and promote peace in the world through personal transformation. In Laughter Yoga you use laughter as a tool, not an emotion.

Visit our **FREE** Laughter Yoga Club class every Saturday morning, 7:30 to 8:15 AM. Laughter Yoga is a simple, yet powerful aerobic exercise that produces "Happiness Chemistry" in the brain. Scientific studies** have shown that even doing the physical action of laughter will produce the physiological and psychological benefits of authentic laughter. No yoga mat needed, just bring your body and a willingness to laugh for no reason.

Roni* is a Certified Laughter Yoga Leader trained by **Madan Kataria, M.D.**, the originator of Laughter Yoga. Dr. Kataria is a physician from India who started the laughter club movement eleven years ago to benefit his patients. He is the author of *Laugh for No Reason*. Today, there are more than 5000 laughter clubs world wide. For more info go to www.RoniRadio.com

***"Since 1990 Dr Berk's laboratory has been acquiring cellular and neurochemical samples from subjects via four measures: before, during and after laughter, and the next day. They have shown that laughter increases the number of activated Tlymphocytes and the number of T-cells with helper/suppressor markers, otherwise known as happy cells, which help to prevent infection. Some of these happy cells divide and secrete in a way that regulates or helps the immune response, while others are crucial for the maintenance of immunological tolerance."*

References:

Dr. Lee Berk, Loma Linda University Medical Center
Norman Cousins, *Anatomy of an Illness* (1979)
Dr. Madan Kataria, *Laugh For No Reason* (1999)
Daniel Pink, *The Whole New Mind* (2006)
Time Magazine, January 17, 2006