

How to Increase Laughter and Laughter Yoga in your Daily Life

Warming Up Exercises: Before you start laughter exercises, you must do some warm up exercises like Ho Ho Ha Ha or Ho Ho Ha Ha Ha and Very good, Very good, Yay. Add a few bodily expressions of joy to your practice. These exercises will be a lot more fun if you do them alone in front of a mirror. Do them gently in the beginning and gradually increase the intensity ...You can change the pitch and tone of your voice to find your comfort levels.

Keep the following points in mind while doing LaughterYoga exercises: The purpose of laughter and breathing exercises is to prolong the exhalation in order to empty the lungs out completely. This will help you inhale deeply and get more oxygen flowing into your body. While doing laughter exercises, try to keep on laughing until you run out of breath. This will remove the residual air from the lungs.

While laughing, keep your chin up as it becomes much easier to laugh if you are looking upwards. It makes the respiratory tract straight and facilitates the flow of air. Spreading your arms out and looking upwards creates a happy body language. Because of the body mind link, this happy posture leads to release of happy chemicals in the brain.

Voice Reinforcement: You can try this technique: Take a long breath and start saying Haaaa Haaaa Haaaa Haaaaa Haaa five to seven times. Then try to laugh and keep laughing until you run out of breath. Keep in mind that the sound of Haaaaa Haaaaa and laughter should continue within the same breath so as to empty the lungs out fully.

Breath Holding Technique: Take a long breath, raise your arms over your head and hold your breath while stretching the spine backwards. As you try to hold the breath a little longer, you will burst out laughing. It builds up pressure inside the lungs and facilitates laughter and gradually the brain develops new connections of combining breathing, stretching, and holding the breath with laughter. It becomes a conditioned reflex. You can easily do it alone because it has been programmed into your body.

Variation: Keep your eyes closed and take a long breath. Try to hold it as long as possible and hold the urge to laugh. In your anticipation of laughter, you will really burst out laughing. In the beginning do it deliberately or pretend to laugh but soon you will experience the real feelings and laughter will be more spontaneous.

Other Options:

Laughing Alone In The Bathroom: The bathroom provides for privacy and safety. You can be as funny as you want to and have no fear of anyone watching. Regular laughing while having a shower gets programmed into the body. The moment you turn the tap on, you will start laughing automatically. This is the benefit of repeating any activity and combining physical behavior with it

Laughing With Household Chores: You can laugh while doing repetitive household chores like washing dishes, mopping the floor, vacuum cleaning, hanging clothes, cleaning windows and many others. This is not a loud laughter but a gentle giggle which will help to change your perspective towards mundane chores and to make them less daunting.

Above notes adapted by Marge Wozny, CLYT, from 2014 Leader Training manual

Skype Laughter Club

How to Join Skype Laughter Club: What you need is a computer with Skype (free download www.skype.com), internet connection, a headset, or a microphone and speakers.

Joining Skype Laughter Club is easy.

Step 1 – Add “laughterclub” to your Skype contacts. We will accept your request and you are on.

Step 2 – Choose a convenient time according to your time zone and you will find a list of different laughter sessions on our website.

Step 3 – Before starting a session, the coordinator of Skype Laughter Club sends out a message inviting the online contacts to join. If you wish to join the session, please send a message saying “I am in... ho ho ha ha ha..., Please call”, or send a smiley sign. At the scheduled time you will get a call and you can join.

What can you expect from a Skype Laughter session: It is a conference call where we just laugh for no reason and focus on laughter as a form of exercise. You can laugh gently, hear others laughing, and wait for your laughter to become spontaneous. Even if it does not, just keep laughing in order to prolong your laughter. In between, you can take breaks and do deep breathing while you hear other people laugh.

You can also have a look at the chat box and interact with people from different parts of the world and get to know each other. You can even write if there is any problem with the Skype call.

Normally, we hear other people laugh on audio and do not encourage people to show up on video chat as it affects the quality of transmission and the Skype calls start breaking. However, at the end of the session if there are less than 10 people, you can show up on video and say hello to each other.

If your call drops during the session due to a connection error, you can call again and join the group or send a chat message again saying “please call”. Normally, Skype laughter session is for 15 minutes.

For more information about Laughter Yoga, please visit www.laughteryoga.org.