

Laughter Yoga Session

DURATION: 20 minutes

Introduction to Laughter Yoga.

Step 1

Clapping in a rhythm 1 - 2 1 - 2 - 3

Along with chanting of Ho HoHa Ha Ha then raise hands in the air and say YES!

The sound should come from the navel and one should feel the movements of the tummy in and out (Maximum 10 - 15 times)

Step 2

Deep breathing with inhalation through the nose and Prolonged exhalation through the mouth and slight bending at the end (5 times)

Step 3

Shoulder, neck and stretching exercises (5 times each)

Step 4

Hearty Laughter - (Medium tone) laughter by raising both the arms in the sky and looking at each others faces and then turning towards another person in the group. (More emotion and less force, followed by clapping 2 - 3 times and deep breathing 2 times)

Step 5

Cell Phone Laughter - Holding one hand to the ear As if holding a cell phone and greeting at least 4 - 5 people in the group in medium tone laughter (Followed by clapping 2 -3 times and deep breathing 2 times)

Step 6

Silent Laughter without sound - With mouth wide open and asking each other - How are you? . . . Fine . . . Very fine . Followed by clapping 2 - 3 times and deep breathing 2 times)

Step 7

Humming Laughter with mouth closed Laughter with closed mouth, making gestures with the hands and a humming sound. (Followed by clapping 2 - 3 times and deep breathing 2 times)

Step 8

Decent Laughter or Medium Laughter - Laughter in a medium tone by striking each others hands above the head and below the chest and looking into the eyes of 4 -5 participants. (Followed by clapping 2 - 3 times and deep breathing 2 times)

Step 9

Swinging Laughter - Starting with Ae ... Oa Ee ... Ooh the participant will bend slightly as if picking up the laughter and throwing it up in the sky by waving Bye ... Bye. (Followed by clapping 2 - 3 times & deep breathing 2 times)

Step 10

One Metre Laughter - Measuring one metre with both arms and stretching out in three jerks Ae...Ae...Ae...Ha - Ha-Ha. (Followed by clapping 2 - 3 times and deep breathing 2 times)

Step 11

Dancing Laughter - Laughter with the funniest possible dancing gestures, while looking at each other.(Followed by clapping 2 - 3 times and deep breathing 2 times)

Step 12

Lion Laughter - Extruding the tongue fully with eyes wide open and hands stretched out like the claws of a lion and laughing from the tummy.(Followed by clapping 2 - 3 times and deep breathing 2 times)

Step 13

Gradient Laughter - Gradient laughter starts with bringing a smile on the face slowly gentle giggles are added and the intensity of laughter is increased further. And then the members gradually burst into hearty laughter.

Step 14

Closing with Good Hearted Living & announcements. Shouting 3 Slogans - We are the happiest people in the world Y...E...S...! I am the healthiest person in the world Y...E...S...! I love to Laugh Y...E...S...!