

Laughter Yoga

Exercise | Healthy Living



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WHAT MAKES IT MEANINGFUL

For centuries we've known that "laughter is the best medicine" and science has now proven it. Like yoga, Laughter Yoga reduces the stress and strengthens the immune system.: Laughter is a positive energy which helps people to connect with other people quickly and improves relationships.

Clinical research conducted in India and the United States has proven that laughter lowers blood pressure and levels of stress hormones (epinephrine and cortisol). As well, laughter increases circulation, stimulates the immune system, exercises the muscles, and even invigorates the brain. Other researchers have found that laughter reduces stress hormones and may even help prevent heart disease.

TIME

Videos are between 1 minute to 20 minutes

MATERIALS

Include and necessary or suggested materials needed for the activity

- A sturdy chair without arms or if in a wheelchair, ensure that it can be locked to be secured.
- Computer or smart TV
- Internet/WIFI connection

INSTRUCTIONS

Pick a video on YouTube that looks interesting

Position yourself- or others- where you can follow along with the video and listen to instructions. You can sit or stand while doing this activity.

Some videos request the participant to stand and move around- modify as needed.



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RESOURCES

laughteryoga.org/about-laughter-yoga/
www.yogajournal.com/lifestyle/laughter-cure/
YouTube- laughing yoga or laughter yoga

SUPPORTS NEEDED

This activity can be done independently, in pairs, or with a group

OTHER THINGS TO NOTE:

Have fun!