
Are you benefiting from Laughter Yoga?

Posted by Davey - 2009/03/25 11:08

With the economy on everyone's mind, and stress and anxiety levels at new highs, interest in Laughter Yoga is gaining momentum as people are looking for ways to deal with the stress and to have fun without spending a lot of money. How has Laughter Yoga helped you?

For me, with my residential architectural design business slowing way down, laughter exercises help me to stay in my body, to get a break from my mind created thoughts about problems, and to reconnect with my inner chimp!!!

How about you?

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Re:Are you benefiting from Laughter Yoga?

Posted by Meredee - 2009/04/01 09:08

I feel such gratitude for Laughter Yoga in my life. It has helped me to minimize my knee-jerk reactions to external events and to gain a much less personalized and more inclusive perspective of life. It also has assisted me in not taking life so veddy seriously and to see the oneness of all of us!

(It also helps to tame the ego, over time!)Veddy good, :cheer: veddy good! Please join me in discussions - this could add more fun and connection to others in our lives!

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Re:Are you benefiting from Laughter Yoga?

Posted by Davey - 2009/04/01 10:00

Meredee, I admire your daily committment to laughter. You inspire me to laugh more and to look at the bright side of life!

Forum Question for the day: What is the mimimum RDA (Reccommended Daily Allowance) of Laughter to maintain good health and attitude?

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Re:Are you benefiting from Laughter Yoga?

Posted by skewed - 2009/04/28 14:13

New here. I took the World Laughter Tour class in January for a CLL cert. Next weekend I am going to Kansas City to take the LY Leader training. I have a good sense of humor by looking at things in a 'skewed' fashion. But I never realized how un-self-conscious I could feel until I experienced a laughter group. It was amazing to me to one could laugh without something being funny - it was a very freeing. I want to share this with others and want to learn to practice the laughing alone which I'm not good at yet. I would like to develop some "teamwork" exercises for small non-profit groups who need regular re-charges they can get from laughter. Thanks for providing this website for us to "link".

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