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## Can Laughter Yoga help prolong my Active Life?

Posted by MikeyBoy - 2010/07/22 17:45

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Laughter and Yoga - what a fantastic combination to discover.

Have known for many years the positives of yoga for helping to improve body suppleness through gentle physical exercise, and always thoroughly enjoyed a good hearty laugh, alone or shared. Seems sensible to combine the benefits.

Do any of you good Laughter Yoga participants know of any person that would speak up for or against my question with any for instance examples? [http://www.denverlaughs.com/images/fbfiles/images/is\\_he\\_gonna\\_run.JPG](http://www.denverlaughs.com/images/fbfiles/images/is_he_gonna_run.JPG)

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## Re:Can Laughter Yoga help prolong my Active Life?

Posted by meenakshijr - 2010/09/16 02:27

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Greetings

Yoga therapy

for laughter is beneficial for everyone.It reduce stress and tensions.It is a new concept to living active life.Laughter Yoga is a new concept. Here anybody can laugh without any jokes, humour or comedy.

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## Re:Can Laughter Yoga help prolong my Active Life?

Posted by meenakshijr - 2010/11/24 23:19

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Greetings

Yes.Laughter yoga helpful to your life.But There is need for positive thinking for living your active life.When you think positive you find more ways that are helpfull for you it makes you feel relaxed.

developpement personnel

The power of positive thinking can change and improve your life. Maintaining positive thinking and attitude will drive you to success and happiness.

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