



Laughter Yoga Therapy

A Beginner's Guide

Brittney Hiller

21 Benefits of Laughter

1. Relaxes the whole body
2. Boosts the immune system
3. Triggers the release of endorphins
4. Protects the heart
5. Lowers stress hormones
6. Relaxes muscles
7. Enhances resilience
8. Adds joy to life
9. Improves mood
10. Enhances teamwork
11. Helps defuse conflict
12. Eases anxiety and fear
13. Lowers blood pressure
14. Increases memory
15. Helps oxygen flow to the brain
16. Maintains healthy blood sugar
17. Promotes better sleep
18. Improves alertness
19. Increases creativity
20. Gives you more energy
21. Improves relationships

Laugh
More

KEY COMPONENTS



EYE CONTACT



BREATH {LAUGHTER}



CLAPPING



CHILD-LIKE PLAYFULNESS

Brittney ♥ Hiller

EYE CONTACT

Stay connected to your laughter
yoga partner through eye
contact. We connect through our
eyes on a deeper level than if we
turn away.

When utilizing eye contact we
allow for an unspoken
connection to occur.

We are subconsciously telling our
partner, "we are safe and I am
here for you".

Brittney ♥ Hiller



PRANAYAMA BREATH



As you may imagine, Breath is the most important aspect of our Laughter Yoga Therapy exercise.

We begin by breathing a diaphragmatic breath, which allows us to take in our deepest breath, thereby creating the most healing benefits of oxygenation to our cells.

While we laugh we want to keep this deep belly breath in mind.

Brittney ♥ Hiller



CLAPPING



Clapping allows an activation to the nervous system by stimulating the nerve endings located in our fingertips.

The simple act of clapping can help awaken you from grogginess.

(Hence why we clap at people that may be falling asleep in front of us!)

Brittney ♥ Hiller

CHILD-LIKE PLAY

Who doesn't want to act like a
kid again?

When we take the time to tune
back in and ignite the child
within us - we open ourselves up
to a life of freedom and
playfulness!

This component of laughter yoga
sends us in to quite possibly an
unknown world of imagination.

Utilize your child-like
playfulness with every exercise
and notice how you begin to feel.

Brittney ♥ Hiller

The FUN Laughter Exercises

Greeting Laughter: Give a handshake to your partner, laugh with each other.

Hot Soup: Create a pretend bowl of soup in one hand, a spoon in the other – sip and LAUGH.

A.E.I.O.U + Y: Say the vowels along with laughter. (ex. AHHHAAAY, EEHHEEHHEE ...)

Gradient Laughter: Take your arm out to the side and say “zip, Zip,” then Laugh with wide open arms.

Brittney ♥ Hiller

The FUN Laughter Exercises

Belly Laughter: With friends and family – lay on the floor each person rests their head on the other's belly. Begin laughing together and feel the vibration of laughter throughout each person.

Bus Laughter: Gather your friends and family and have a seat on the ground. Each person sits behind the other with legs out to side. Rock forward and backward with a boisterous laugh!

Brittney ♥ Hiller



ENJOY SHARING!

BRITTNEY
HILLER