Lighten Up and Laugh: the physiology of laughter for stress relief

Contact information for laughter presentations or to start a laughter club:
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Laughter is the tonic, the relief, the surcease for pain. Charlie Chaplin.

Laughter releases endorphins, giving us the ‘feel good factor’
Acts as aerobic exercise and is like ‘internal jogging’
Unleashes inhibitions; breaks down barriers
Great team building tool; encourages better communication
Helps boost our immune system; helps us resist disease
Tones muscles; improves respiration and circulation
Encourages positive thinking and creativity
Relaxes the whole body by reducing stress and tension

You don't stop laughing because you grow old. You grow old because you stop laughing. -- Michael Pritchard

Angels fly because they take themselves lightly. (G.K. Chesterton)

Life is a dance, allow laughter and love to be your partners. – Sarah Lyttle

Laughter Yoga Links:

Mirth in the Museum – Ball State University, You Tube link (1:32)

Dr. Kataria Laughter Yoga International
www.laughteryoga.org

American School of Laughter Yoga
www.laughteryogaamerica.com

Laughter Yoga CNN  2:07
http://www.youtube.com/watch?v=0eB3lSAYE-I&feature=related

Laughter Yoga on Discovery Channel  (5:33)
http://www.youtube.com/watch?v=ahhN3Ryw4O4

Laughter Yoga for Health- Today’s Health, healing power of laughter  (5:17)
http://www.youtube.com/watch?v=u-DRLr8PCCA&feature=related

London Laughter
http://www.youtube.com/watch?v=DWi6QVSw-qA&NR=1
Laughter Research


