

Something Funny?

The Healing Power of Laughter

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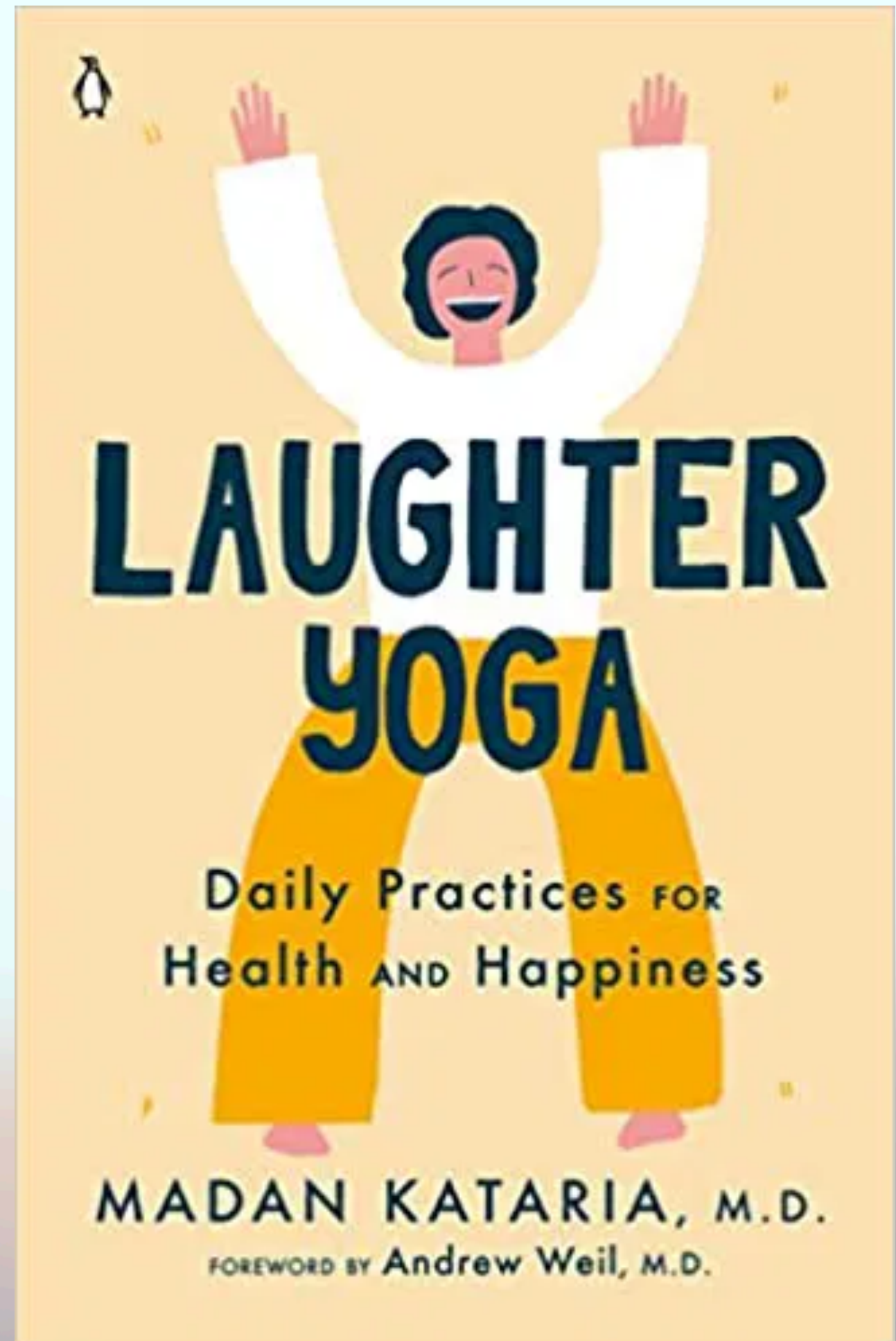


Hasna Yoga is an intentional exercise involving movement and yogic breathing exercises (pranayama) to promote voluntary laughter over a prolonged period (Macdonell, 1996.)

The founder of contemporary laughter yoga is medical doctor **Madan Kataria**. Originally from the Punjab area of India, Kataria (2002) came across work on its therapeutic benefits while researching laughter (Apte, 1985; Keith-Spiegel, 1972; Fry & Salameh, 1987).

In 1995, Kataria set up the first **laughter club**. From the initial five members (including Kataria and his wife), the numbers rose, and by the end of the first week, there were 55 people taking part in the club (Kataria, 2018).

Kataria asked group members to fake laugh for one minute and noticed the fake laughter turned into genuine laughter. Noting the **similarities between laughter and pranayama yogic breathing**, Kataria incorporated the two into warm-up exercises (Yazdani, Esmailzadeh, Pahlavanzadeh, & Khaledi, 2014).



Laughter **can** be faked, and the human body and mind do not know it is simulated (McGettigan et al., 2013). Hasna yoga is based on the premise that laughing intentionally provides the same physiological and psychological benefits as spontaneous laughter (Kataria, 2002).



PHYSICAL BENEFITS OF LAUGHTER YOGA



Laughter Yoga is the Best Cardio Workout

As per the research of Dr. William Fry 10 minutes of hearty laughter is equivalent to 30 minutes on the rowing machine! (For cardiopulmonary endurance)



Laughter brings more Oxygen in the bloodstream

Laughter Yoga exercises help longer exhalation and deep breathing through the diaphragm. This helps in flushing the lungs of stale residual air and increasing the net supply of oxygen.



Laughter Yoga Increases Blood Circulation

Laughter causes 'internal jogging'. Further, it massages and promotes circulation to the digestive and lymphatic systems.



Laughter Yoga for Weight loss

Laughter Yoga reduces belly fat, which is difficult to shed even with the most intense exercise regime.



Laughter Yoga Boosts Immune System

Laughter increases the concentration of circulating antibodies in the bloodstream. Thus, it raises the resistance against infections.



Laughter Yoga a Natural Pain Killer

20 minutes of belly laughter reduces the pain for almost two hours. It also increases tolerance to pain. Laughing increases the number of T-Cells in the blood.



Laughter Yoga Aids Digestion

Laughter improves digestion by increasing the flow of bile. Further, it improves the functioning of the liver.

Blood pressure decreases with mirthful laughter. In a study involving 200 individuals involved in the regular practice of laughter, there was a 6.18 mm/Hg reduction in systolic blood pressure and a 3.82 mm/Hg reduction in diastolic blood pressure (Chaya et al., 2008).

For those with high blood pressure, a decrease in blood pressure can be beneficial for overall physical health.

Humor can **increase tolerance to pain** (Weisenberg, Raz, & Hener, 1998). Weisenberg et al. (1998) found that subjects who were more cheerful showed an increase in pain tolerance after humor production from a funny film, whereas those who were less cheerful did not have a high pain tolerance.

Laughter can be a powerful **remedy for depression** (Proyer, Ruch, & Rodden, 2012). As laughter releases endorphins, also described as the happy hormone, this decreases cortisol levels and increases the levels of dopamine and serotonin (Yim, 2016), which improves overall mood (Berk et al., 1989). A daily dose of laughter yoga may be able to decrease clients' sadness and increase their happiness.



Lets Warm Up!!!

Santa jokes welcomed



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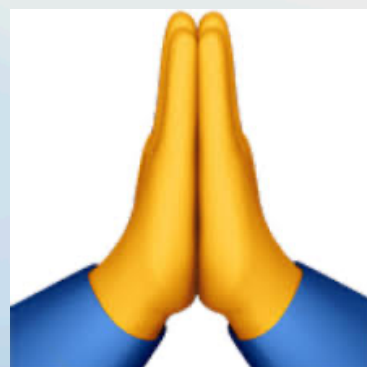
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Thank you Veddy Much! Thank you Veddy Much!



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