



Laughter Yoga

Materials/Set Up:

None!

Description:

They say that laughter is the best medicine, so why not spend an hour with some therapeutic laughter. Science has proved that this is great for the soul!

Activity Framework/Process:

- Gather the campers and talk a bit about Laughter Yoga:
 - **Laughter yoga** is a practice involving prolonged voluntary laughter. Laughter yoga is based on the belief that voluntary laughter provides the same body and mind benefits as spontaneous laughter. Laughter yoga is done in groups, with eye contact and playfulness between participants. Forced laughter soon turns into real and contagious laughter. Laughter yoga does not involve humor or comedy.
- Begin the session
 - Note: You don't need to run through every activity. Read through and run your favourite, if time allows run as many as you want/can

Warm up

Mantra: Come together in a circle. Think the mantra "May all beings be happy. Let there be a world of laughing" and repeat it as you relax and get eye contact with others. See all people in the world and see ourselves as laughing Buddhas, laughing gods, or laughing holinesses.

1st Laughing Activity – Talking about focusing the laughing energy in many areas of the body from the top down

1. **He-he-he-he** – have the participants focus their laughter energy on their head, feel the blood flow and air movement, and go through some sets of 4 'he-he-he-he's. Start going through them together and then let them go on for a little while.
2. **Ha-ha-ha-ha** – same as above with the chest
3. **Ho-ho-ho-ho** – same as above with the belly
4. **Hu-hu-hu-hu** – same as above with the legs

Gradient Laughter: Stand in a circle. Fake a smile; giggle, then laugh slowly and gradually increase in tempo and volume.

Greeting Laughter – for a short while, walk around introducing yourself to the others in the group. However, instead of using words to introduce yourself and who you are, replace words with laughter. Do this slowly and go to everyone. Encourage eye contact, smiles, and using all of the different laughs as above. Be animated!

For more activities visit campaugusta.org





Activities

Favorites:

- **Laughing Leader in a circle** – Have a laughing leader start out with any particular laugh that they fancy – have the other people in the circle then mimic their laugh as well as possible
- **Mouth being tickled by water** – Give the participants a cup of water. This will be refreshing to them. However, it is different from normal drinking water. When this water goes into their mouth, it tickles every single part of their mouth and throat. Let them feel that tickling and laugh with it.
- **Hearty Laughter** – This is great when you are a close group and comfortable. Get close and tight, either joining hands or in a big hug. Then have everyone tilt their heads back, look up, and let out a giant hearty laugh upward towards the sky.
- **Electric Shock Laughter:** Imagine that everything and everybody you touch gives you a shock of static electricity. Jump backward and laugh each time it happens (make it happen a lot).
- **Favorite Animal Laughter:** Good for younger groups. Laugh and behave the way your favorite animal or pet would behave if it was very happy to see you.
- **Belly Laugh Circle:** Have everyone lay in a circle with their head on the belly of the person next to them, then talk and laugh, hearing and feeling the movement of your body from laughter
- **Acapella Symphony Choir warm up (part 1):** You all have come from different walks of life to join together in an expert choir of laughter. First, warm up by singing yourself a song, but replacing all of the lyrics with laughter.
- **Orchestra conductor (part 2):** Imagine you are a conductor. Direct your choir with your hands any song of your choice in laughter sounds only e.g. ho ho ho or "ha ha ha".

Other possibilities:

Classic Laughter Yoga Exercises

- **Cell Phone Laughter:** Hold an imaginary cell phone to your ear and laugh.
- **Think of a socially awkward situation and laugh at it** (e.g. shoe laces untied, shaving cream behind your ears...)

Yoga Exercises To Release Stress

- **Argument Laughter:** Voice your discontent in laughter sounds only, or in pig-latin. You can be as passionate as you'd like and point fingers if you want, just don't hit (or even threaten to hit) anything or anybody.
- **Credit Card Bill Laughter:** Open an imaginary credit card bill (or any other letter that represents a bad news to you) and burst out laughing the second you look at what's inside.
- **Laugh as turn your pockets inside out** looking for money that isn't there.

For more activities visit campaugusta.org





Yoga Exercises For Children

- **Baby Laughter:** One person must demonstrate how a baby laughs (take turns!). Everybody else must then do the same things.
- **Jumping Frog:** Squat down, hands on the floor between your knees. Jump once saying "ha", then a second time saying "ha ha", a third time saying "ha ha ha", then jump in fast succession laughing a lot.

Yoga Exercises For Seniors

- **Back Pain Laughter:** Lean forward and put your hand on your lower back, then laugh as if you could not stand back up.
- **Conductor Laughter:** Imagine you are a conductor. Direct an imaginary orchestra with enthusiastic arm movements as you sing any song of your choice in laughter sounds only e.g. ho ho ho or "ha ha ha".
- **Ear-Wiggle Laughter:** Slowly slide your left hand upward along the left side of your head, slowly going over your head as you say an extended "aeeee" sound, then laugh as you wiggle your right ear with your left fingers. Do the same on the other side. Repeat a few times.
- **Laughter Pill:** Take some laughter pills! Each pill has a unique effect and makes you laugh and jerk in a peculiar way for just a few seconds. Try another one as soon as the effects wear off.
- **Vowel Movement Laughter:** Have you had your vowel movement today? Laugh in the tonality of the following sounds: Eee Eee Eee Eee! Aye aye aye aye! Ah ah ah ah! Ho ho ho ho! Ooo ooo ooo ooo! Uh uh uh uh!

Others

- **Army salute laughter:** raise your right hand sharply and slightly to the right of your right eye. Keep your fingers and thumb joined and extended as you make this motion. Laugh as you salute.
- **Confetti greeting laughter:** laugh and make joyful movements as you throw around lots of imaginary confetti.
- **Constant contact laughter handshake:** laugh as you shake hand with people as if to greet them, but only let go the hand of a person when you are shaking the hand of someone else (both your hands will be busy).
- **Just laugh:** laugh as you shrug your shoulders and make a big smile as you try to convey the message with your eyes and body language "I absolutely don't know why I am laughing."

Closing

- **Laughter Meditation** - A session of unstructured laughter whereby participants sit or lie down and allow natural laughter to flow from within like a fountain. This is a powerful experience that often leads to a healthy emotional catharsis and also a feeling of release and joyfulness that can last for days.
- **Concluding** – Hold hands and think the mantra: "May all things be happy. Let there be a world of laughing." See all people in the world as laughing Buddhas, laughing gods, or laughing holinesses.
- **Om song** – for a minute, relax and do 3 "om"s, where everyone gets in tune with their own "om"

For more activities visit campaugusta.org

