Laughter Yoga

TASK 1: READING

Four sentences have been removed from the following article about Laughter Yoga (source: http://www.laughteryoga.org/). Reconstruct it by finding where they fit. There is an extra sentence that you do not need to use.

A. *As a result you do not need to be happy, have a sense of humour, or even have a reason in order to laugh.*
B. *Started with just five people in 1995, today it is a global phenomenon with over 6000 clubs in 60 countries.*
C. *It combines laughter exercises with yoga breathing which brings more oxygen to the body and brain making one feel more energetic and healthy.*
D. *This is often reflected in increased sales, productivity and a more harmonious workplace.*
E. *Scientific research shows that laughter can help resolve many major workplace issues.*

Laughter Yoga is a unique concept developed by Indian physician, Dr. Madan Kataria. It is fast sweeping the world and is truly a life changing experience. **1** _____ The concept is based on a scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits. Safe, easy and scientifically proven, Laughter Yoga is a lot of fun. **2** _____.

3 _____ It reduces stress resulting in improved physical and mental health and quality of work, better communication, team building skills and interpersonal relationships. Results of Laughter Yoga programs introduced by many companies around the world indicate that employees become more committed and efficient and learn more easily. **4** _____.

TASK 2: TRUE, FALSE OR NOT MENTIONED?

Read the complete article again and decide whether the following statements are True, False or Not Mentioned. Support your answers with quotes from the text.

1. If someone tries laughter yoga, their life will definitely change. _____
2. You must laugh and do yoga poses at the same time if you want to do laughter yoga. _____
3. Laughter yoga exercises involve a lot of clapping and shouting. _____
4. Laughter yoga is good for your body and mind as well. _____
5. Laughter yoga is practised all over the world. _____
6. Forced laughter is not as good as spontaneous laughter. _____
7. This technique has not been practised in business companies. _____
8. Scientists have been examining the effects of laughter for a long time. _____
9. Laughing too much may have side effects. _____
10. If workers do laughter yoga before they start work, they will feel better and the production will increase. _____

"Laughter is part of the human survival kit.
"

David Nathan

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