

Discover how laughter can work for you!

You've probably heard the expression 'Laughter is the best medicine'. Well, scientists and medical doctors now agree that laughter can help people to deal with stress and anger. Research has shown that people who feel happy and relaxed are healthier and have better relationships.

What is laughter yoga?

Laughter Yoga is a series of exercises. Laughter Yoga teaches you to laugh for no reason. You don't have to have a sense of humour, or understand funny jokes. You just have to laugh.

When you do Laughter Yoga in a group, you laugh and do yoga breathing, so that you increase the amount of oxygen in your body. Soon the laughter exercises turn into real laughter. After a laughter yoga class, you feel calm and relaxed, but also full of energy and happy.

Click [here](#) to watch a video

Where does Laughter Yoga come from?

Laughter Yoga was developed by Dr Kataria, a doctor from India. Laughter Yoga classes started in a park in Mumbai in 1995 with just five people, and now there are over 6,000 laughter clubs in sixty different countries.

Julie Whitehead was one of the first people in the UK to become a Laughter Yoga teacher with Dr Kataria. She says, 'yoga has been a part of my life for thirty years, but in 2002 my life changed when I discovered Laughter Yoga. I am particularly interested in health and well-being.'

She is a member of Laughter Network, a group of professionals who want to bring more laughter, health and happiness into people's lives. They run Laughter Yoga classes and workshops in the UK, and Julie runs Laughter Yoga holidays in Turkey, Egypt, Spain and Morocco.

For more information click [here](#)

What are the health benefits of Laughter Yoga?

Laughing is good for the body and the mind. When we laugh we breathe more oxygen into our body, which helps to keep us healthy. Endorphins, or happy chemicals, are released in the body, and you feel more relaxed and happy. Laughter also brings people together to share some fun.

Companies who have run laughter yoga workshops find that they have advantages for both employers and employees. People who are happy at work are more hard-working and make more money for the company. Also, people who can laugh together, communicate more successfully. In general, people do better at work when they feel happy and relaxed.

A Danish company who used Laughter Yoga for a year reported an increase in sales of 40 percent over the previous year. Following Laughter Yoga session, a Hawaiian timeshare company reported the highest sales of the year - double their target figures.

If you're not sure about Laughter Yoga, remember this, children laugh 300-400 times a day, but adults only laugh around fifteen times a day.

Get more laughter in your life - you can feel the change in you, and when you change, the world changes. Laughter really is the best medicine.

Click [here](#) to read what people say about Laughter Yoga

- Where would you find this description of Laughter Yoga classes?
 - in a newspaper
 - on a website
 - in a brochure
- Who is the text written for?
 - children
 - old people
 - adults
- What is the purpose of the text?
 - to compare Laughter Yoga with ordinary yoga
 - to tell the history of Laughter Yoga
 - to advertise Laughter Yoga classes

Exercise 1 People

Complete the description with the words below.

 Keyboard instructions 

 Move

shy sociable friends pale-skinned straight bit characters hair small overweight

My sister and I are very different. I'm but my sister is tall. I've got curly blond
and my sister's got brown hair. I think I'm quite like my mother – she's small but she isn't slim, she's
a little . My sister is very but my mother is quite dark-skinned. Our
 are different too – my sister is confident, and talkative, but I'm
 and sensitive. Sometimes she's a moody, but we are good .

Exercise 2 get

Rewrite the underlined words or phrases with the correct form of *get*.

- A: Do you have a good relationship with your sister.
B: Yes, usually. But sometimes we don't have a good relationship .
- A: Oh, Why's that?
B: She always achieves good marks at school.
- A: What's wrong with that?
B: Well, I become angry because she never helps me with my homework. Also, she had an annoying boyfriend
but she got bored and eliminated him.

Exercise 3

Select the word with the opposite meaning.

Example:

- 1 calm
 happy
 relaxed
 upset

- 2 angry
 annoyed
 happy
 irritated

- 3 scared
 calm
 shocked
 terrified

- 4 nervous
 relaxed
 stressed out
 worried

Exercise 4

Complete the text with the words below.

 Keyboard instructions 

 Move

with get hobbies on mood with get doing

I'm a happy person and I'm usually in a good mood. When I'm my friends, I feel enthusiastic
about everything, but when I'm my own, I sometimes a bit down. I find
arguments people really stressful and upsetting. I like school, but I don't like
tests and exams – I sometimes a bit stressed. My favourite are dancing and
singing – they're relaxing and exciting at the same time!