



Read the text and choose the right options to complete the sentences.

This Sunday Get Ready to Laugh!

This Sunday, May 5th is World Laughter Day, a special day that can be celebrated by anyone anywhere. All they have to do is laugh aloud and long. Celebrated annually on the first Sunday of May, the fun event was started by Indian physician, Dr. Madan Kataria.

His quest (поиск) how to make the world a happier place began in 1995 with the introduction of Laughter Yoga, a fitness class where yogis used a combination of breathing exercises and uncontrolled laughter. Though only 5 students attended the first-class people gradually learnt about fun exercises. And in a short time, laughter yoga classes opened all over the world. Today there are over 6,000 clubs that offer this kind of yoga in different countries from Australia to Kenya in East Africa. Members get together every day or twice a week, to 'exercise' by simply laughing loudly, waving their hands and making funny faces at each other.

Besides bringing joy, the doctor also believes that the combination of impulsive laughter and breathing helps to stretch (растягивать) muscles and produce the hormones that make us happy. This in turn, helps to overcome stress which is the cause of many diseases.

In 1998 the physician declared the first Sunday of every May 'World Laughter Day'. To make the event even more fun, Dr. Kataria suggested organizing the celebrations in public places so that other people could join in. Today many cities all over the world are doing it. Some even give prizes to participants with the best laughter.

To check if there is an organized laughter event in your neighbourhood, go to www.worldlaughterday.org.

1. Laughter Day ____.

1. is celebrated on 5 May
2. is celebrated on the first Sunday of every May
3. has been celebrated for 50 years

2. Dr. Madan Kataria was the Indian physician who ____.

1. found the information about Laughter Yoga in ancient books
2. wrote a book about World Laughter Day
3. invented Laughter Yoga

3. In a Laughter Yoga class ____.

1. members exercise in breathing and laughing
2. yogis laugh at each other
3. the teacher tells jokes

4. Laughter yoga classes ____.

1. became internationally popular at once
2. became internationally popular rather quickly
3. are fun only for a few people

5. It's ____ to attend Laughter yoga classes.

1. fun
2. difficult
3. dangerous

6. Laughter and breathing in Laughter yoga classes help people to overcome ____.

1. boring routines
2. happy living
3. stress

7. World Laughter Day is celebrated in public places ____.

1. to make it cheaper
2. because most people like watching yoga performances
3. to attract more participants

8. You can get more information about the fun event ____.

1. in the Internet
2. from the local organizers
3. on TV