

About your trainer

Heather Joy is a certified Laughter Yoga teacher, trained by the Giggling Guru himself, Dr Madan Kataria.

Her working life in media and the government has been ruled by deadlines and headlines. Stress is ever-present: she deals with it differently now. Haha! Laughter Yoga has also helped Heather Joy get through extended periods as carer of terminally ill loved ones, and the subsequent grief and dark days.

Heather Joy gained her first level of certification, as a Laughter Yoga leader, in 2014. She attained the teacher status in 2016 in India. She is a professional laughter wellness practitioner who lives in Brisbane, Queensland, and travels wherever Laughter Yoga takes her.

In the tradition of Laughter Yoga, Heather Joy facilitates a weekly 'free' laughter club in a suburban park.

And yes, her parents really did name her Heather Joy!



The Happydemic

Spreading wellness through laughter, seriously!

Contact Heather Joy

Become part of the Happydemic
sweeping the world!

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Laughter Yoga



*Laughter Yoga is a
fun-filled exercise regimen
sweeping the world.*

*It blends exercises that simulate laughter
with deep yogic breathing, gentle stretches
and playfulness.*

*There's no need to remember jokes, or be
funny; and there are no awkward yogic
positions either.*

*Be a part of the
happydemic. Give
Laughter Yoga a go!*



What is Laughter Yoga?

Laughter Yoga is a unique exercise routine, developed by Indian medical physician Dr Madan Kataria. Laughter Yoga combines simulated laughter exercises with deep cleansing yoga breathing. Participants learn to laugh for no reason—without humour or jokes. The body cannot tell the difference between fake and natural laughter: it simply reacts.

Scientific studies have found that to reap the health benefits of Laughter Yoga requires 15 to 20 minutes of hearty, loud, sustained laughter at least a few times a week.

Why Laughter Yoga?

Natural laughter comes in short bursts of only a few seconds. Harnessing the laugh as a physical exercise instead of a mental process enables it to be sustained for longer.

Incorporating deep breathing yoga techniques flushes the lungs and invigorates the brain and body with fresh rich oxygen, making you feel more energetic and alert.



5 reasons to love laughter yoga

1. Uplifting

Laughter Yoga beats the blues as the body releases natural feel-good chemicals. You can stay cheery all day.

2. Healing

Laughter Yoga has proven healing benefits including strengthening the immune system and helping to reduce high blood pressure and stress.

3. Bonding

Those who laugh together, stay together. Laughter yoga promotes strong social bonding. Loneliness is lost: friendships—and team work—fostered.

4. Performance-boosting

Our brain needs 25% more oxygen than other organs for optimal functioning. Laughter exercises can increase net supply of oxygen to our body and brain which helps efficiency and performance. You'll feel alert and energetic—and more creative too.

5. Coping

It's easy to laugh in good times. Laughter Yoga teaches us to laugh unconditionally, even when times are hard. Laughter Yoga can become a powerful tool—a coping mechanism—enabling you to better handle changes and situations in which you feel uncomfortable.



What happens in a Laughter Yoga program

Laughter Yoga has four key components: clapping, breathing, playfulness and laughter exercise.

A certified laughter professional guides the group with instructions for different laughter, breathing and gentle stretching exercises.

A class starts with warm-up exercises like clapping and progresses to laughter exercises which help people to laugh loud and heartily from the belly. These exercises are interspersed with deep breathing. Laughter Yoga may also incorporate laughter meditation or guided relaxation.

Laughter Yoga sessions can be held inside or outdoors, standing or sitting. They are adaptable for all ages and abilities.