



Laughing for Fitness

"Laughter is the glorious sound of a soul waking up." ~Hafiz

★ What is Laughter Exercise? ★

Laughter Exercise is a revolutionary, simple, universal routine that science has shown provides a complete WELL-BEING workout with proven benefits for...

BODY + MIND + SPIRIT + COMMUNITY



The **AMAZING**, *Astounding*, **Mind-Blowing** Benefits of Laughter Exercise

BODY

- excellent aerobic exercise to oxygenate the body
- lymphatic circulation & lower blood pressure

MIND

- release endorphins to increase optimism & forgiveness
- battle depression and eliminate negativity

SPIRIT

- a boost for ENERGY & self-confidence
- reduced stress, expanded relaxation

COMMUNITY

- eliminates criticism & judgment
- Promotes unconditional acceptance & PEACE

LAUGH + CLAP + BREATHE + JOY = Laughter Exercise

All Laughter exercises can be adapted for EVERY BODY!

Laughter Exercise is perfect for:

Senior Centers & Retirement Communities Teacher In-Service
Yoga & Wellness Centers Community Centers
Fitness Studios Health & Wellness Centers
Corporate Team Building Hospitals
Wellness Programs Private Parties & Special Events
Schools, Camps, Libraries

"It is time to join laughter with love as major ways to serve humanity through healing." ~Patch Adams, M.D.



Laughter Exercise Offerings:

- **Laugh Track** - Intro Talk
- **Laugh for the Health of It** - Laugh Club
- **LOL! Laughter Yoga** for Fitness & FUN

Laughter Exercise: The STORY

Laughter Exercise was founded in 1995 by Dr. Madan Katari, a medical doctor from Mumbai, India. Motivated by his research on the multiple benefits of laughing, he started a Laughter Club in a local park. Since then, Laughter Exercise has become a worldwide phenomenon with more than 8,000 Laughter Clubs in over 80 countries.



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