



Centre du Rire  
Laugh Center

## Laughter Yoga: A Transformative Health Exercise Routine For Youth

**What Is Laughter Yoga?** Laughter Yoga is a unique exercise routine that combines intentional and unconditional laughter with yogic breathing (Pranayama). Laughter exercises are interspersed with dynamic and meditative breathing activities to help anyone achieve sustained hearty laughter without involving cognitive thought.

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• • **Promotes Healthy Emotional Development** It is thought that children develop intelligence when they grow up. However, children today are not physically playing much, they are glued to their mobile phones, television and computer screens. Laughter Yoga encourages children to physically play and express themselves fully for their emotional development.

• • **Increases Academic Performance** By increasing the net supply of oxygen to the body and brain, Laughter Yoga helps children stay focused for peak academic performance.

• • • **Builds Physical Stamina** As a physical exercise, Laughter Yoga helps develop healthy bodies which have increased physical stamina. This helps kids maintain a healthy weight and play sports effectively. Physical stamina depends upon your breathing capacity. How much you can physically perform without getting out of breath depends upon your lung capacity. Laughter exercises increase breathing capacity; therefore, increase stamina for sporting performance.

• • • • **Develops Self-Confidence** By encouraging self-expression, kids can find their own voice. Their leadership skills and self-confidence naturally grows. Laughter Yoga exercises reduce inhibitions and shyness leading to more self-confidence in public speaking and other stage performances.

• • • • • **Enhances Creativity** Laughter Yoga has play as its core and during a Laughter Yoga session, the right brain thinking is practiced. This enhances creativity on a number of levels.