



Centre du Rire
Laugh Center

Laughter Yoga: A Transformative Health Exercise Routine For Seniors

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.

• • • • • **Benefits For Seniors** • • • • •

• **Adds More Laughter To Life** As we grow older, we laugh less and less due to dementia and Alzheimer's disease, seniors often times can't get jokes or find anything funny. This is because humor is a mental and cognitive phenomenon. Laughter Yoga is ideally suited for seniors to do laughter as a form of exercise and can be practiced by seniors with limited mobility because the exercises can be done while standing, sitting or lying down.

• • **Promotes Physical Health** As we grow older because of wear and tear most seniors have many ailments like high blood pressure, diabetes, asthma and other diseases of aging. Laughter Yoga helps in healing from illnesses by strengthening the immune system, increasing oxygen to the body cells and bringing a positive mental state.

• • • **Supports Good Mental Health** Many seniors suffer from depression, frustration and anger. As they lose loved ones and their health, it becomes increasingly difficult to maintain a positive mental attitude. Laughter Yoga changes a person's biochemistry in a way that supports good mental health regardless of their circumstances.

• • • • **Increased Social Connection** Laughter Yoga allows for strong social bonding with friends, relatives, fellow residents at care facilities as well as care givers and medical personnel. Even persons with dementia can forge meaningful connections with Laughter Yoga. The development of friendship decreases loneliness and increases quality of life.

• • • • • **Laughter Yoga Adds To Longevity** Laughter Yoga gives Elders a reason and purpose to live fully every day. Laughter Yoga is a tool for transformational aging and increased longevity.