



The Laughter Yoga Institute



WORLDWIDE NEWSLETTER www.LYInstitute.org

Volume 1, # 4 (June, 2010)

Dear Friend in Laughter,
We hope you enjoy this, our Worldwide Newsletter for leaders and lovers of laughter. Please support those listed by attending their events.

With Love & Laughter, Jeffrey Briar <mailto:jbriar@lyinstitute.org>

Ahead:

1. Learn and Laugh
2. Events Calendar
3. Resources and Links

~ ~ ~ LEARN AND LAUGH ~ ~ ~

Gibberish Picture- and Story- Book project is underway

Celebrating our new partnership with the staff at a children's hospital, the worldwide laughter community is invited to co-create a book full of pictures which make you laugh and stories which don't make sense (all in gibberish). Thus there will be no language barrier: everyone can share these humorous "tales and pictures" and thus share some hearty laughter. See the "Gibberish" page on **facebook**; or our new website: www.gibberishproject.com (which will be "live" in July).



Laughter Exercise videos online (free)

Watch how to lead as well as perform numerous exercises. Twenty brief videos now available for viewing on YouTube, free for all to enjoy. <http://www.youtube.com/watch?v=XAEzPm05guw> (Account: "JoyfulGent")

Masters-Level Program begins Summer 2010

The Laughter Yoga Institute is proud to announce the offering of a Mastery-level program, featuring instruction from J. Briar (the most experienced leader of laughter exercises in the western world).

(949) 376-1939 www.LYInstitute.org

Laughter Exercise "How To" article posted (free)

Learn the structure (and secret) of successful laughter exercise leadership. Applies for any and all laughter exercises. Free download in the "Articles" section: www.LYInstitute.org

~ ~ ~ EVENTS (through Summer 2010) ~ ~ ~

June 18-20 – Harbin Hot Springs Laughter Yoga retreat/workshop (residential)

Creating new materials for the international Laughter-Loving community. All levels; special programs for Advanced Laughter Leaders (introduction to Master-level work). Middletown (near Napa) California USA \$179 includes three meals. www.LYInstitute.org (949) 315-5801 info@LYInstitute.org Register at: http://www.lyinstitute.org/zen/index.php?main_page=product_info&cPath=1&products_id=18&zenid=a8f2d684efacec60e750093f425f993a

- **Masters Program in Laughter Yoga Leadership**

Earn an advanced degree ("MLCL" - Masters in Laughter Club Leadership) from the Laughter Yoga Institute. 12 modules, one hour each (all include experiential work), topics include: Timing, The Art of the Warm-Up, Sensitivity &



Compassion, Creativity & Variety. Main presenter: Jeffrey Briar, founder of the Laguna Laughter Club (meets seven days per week, has welcomed over 18,000 laffers). Guest Instructors may include Kathryn Burns, Fiona Skye, Sue Snyder, David Sullenger. Support materials provided; affordably priced. www.LYInstitute.org (949) 376-1939 JoyfulB@cox.net



July 16-18 - Conference and Advanced Training for Laughter Yoga Teachers and Leaders in Finland [Fee]

www.laughteryoga.org

→ **July 19-23 Certified Teacher Training** presented by **Dr. Kataria** (in Finland) [Fee]

July to October: Alex Sternick's Gibberish Tour alexlaugh@gmail.com

Gibberish explorations, creativity, emotional freedom, laughter; 6- to 7-hour workshops [Fees

vary]

Late July, 2010 - Montreal Canada Tracy Shafter tshaft@primus.ca (514) 895-1216 (514) 695-9355

October 2-3 - Vienna Austria jeanette.schulz@gmx.net,

Oct. 9 - Brussels Belgium jean-claude@clubderire.be, www.clubderire.be

Oct. 15-16 Bordeaux France gerlof.lenten@free.fr, "Olivier Ouzé" olivier.ouze@yahoo.fr

August 22-26 - Certified Teacher Training presented by **Dr. Kataria** in Albuquerque, New Mexico, USA (before the All-America Laughter Yoga Conference) [Fee] <http://www.laughteryoga.org>

August 24-26 - Certified "Laughter Coach" Training Albuquerque, NM (before the All-America Laughter Yoga Conference) Become a professional Laughter Coach with Katie West of The Levity Institute and bring the practice of laughter into people's lives in one-on-one and small group settings. Training includes: 2.5 days in person at Training Weekend and 8 weeks of virtual class work (36 hour program). (This is not a Kataria School/Laughter Yoga program.) \$1,000 - 1,497 (time-sensitive, inquire promptly) www.thelevityinstitute.com (207) 239 8667 training@thelevityinstitute.com

August 24-31 - All America Laughter Yoga Conference Albuquerque, NM for

Laughter Yoga professionals and friends. Workshops, Keynote Speeches, Laughter Sessions, learning, networking and fun! With **Dr. and Mrs. Kataria**, Sebastien Gendry, Kathy Burns, Jeffrey Briar and many others. \$295 Conference Fee; various special-interest options. (626) 755-5999

www.2010.laughteryogaamerica.com/



September 25-26 - Laughter Yoga 2-day Certified Leader Training

Learn to laugh for health without the need of jokes or feeling good first. Start a laughter club, share laughter with elders and kids, earn income sharing hilarity. Includes supervised practice with Jeffrey Briar (meets the standards of the Dr. Kataria School). \$195-295 Irvine Valley College, Irvine California USA www.LYInstitute.org (949) 376-1939 JoyfulB@cox.net

FUTURE EVENTS

October 15-17 - Laguna Laughter Club Mountain Retreat



Daily laughter sessions, innovative new programs, art projects, dancing, Tie-Dye extravaganza. Held at Camp de Benneville Pines, Angelus Oaks California USA \$130 with meals (949) 376-1939 JoyfulB@cox.net

March 9-13, 2011 - Certified Laughter

Yoga TEACHER Training presented by Jeffrey Briar at the Glen Ivy Community near Corona, southern California USA www.glenivy.org. Dive into the spiritual heart of Laughter Yoga; master the skill of a Solo Laughter Practice; become certified to deliver 2-day Laughter Yoga Leader Trainings. Tuition \$795 (inquire re: scholarships, work-study, Reviewer discount); lodging additional (\$250 includes all meals and ½ price voucher for the world-famous Hot Springs next door). www.LYInstitute.org (949) 376-1939 info@LYInstitute.org



FOR OUR NEXT NEWSLETTER: Submissions for future listings are welcome (space permitting, and at the discretion of the editors). Next scheduled edition: Sept. 7, 2010. Please do not merely send us a flyer or website link; follow the format (as above): provide dates, a brief description, location *including country*, cost if any, and contact info.

~ ~ ~ RESOURCES AND LINKS ~ ~ ~

Join the free, worldwide “Friends of Unconditional Laughter” YAHOO GROUP:
<http://health.groups.yahoo.com/group/Laugh4Health/>

Free quarterly newsletter with innovations and programs for Laughter Lovers everywhere on the Earth: <http://www.lyinstitute.org/newsletter.htm#worldwide>

NEW PRODUCTS

Can be found at <http://marketplace.lyinstitute.org/>

The Great Big Anthology of Laughter Exercises (printed book or downloadable E-book) 500 exercises, photo-illustrated; including Dr. Kataria’s Foundation Exercises (with *large* pictures), Laughter Meditation, How to Lead a Laughter Exercise (Briar), more.

Laughter Yoga PATCH Features our mascot “Lenny the Laughing Sun” offering Joy to the World. The brilliant colors of this top-quality embroidered patch shimmer in the light. Luminescent blue background with solid black border. Declare yourself to be part of the world’s laughter-loving family!



The Spiritual Connection between Hatha Yoga and Hasya (Laughter) Yoga 45-minute video on DVD, as presented at the 2009 All-America Laughter Yoga Conference.

The Laughter Club - in Real Time See two laughter clubs (one for Beginners, one for Advanced) filmed live in actual-time; 75-minute video on DVD with coaching from Jeffrey Briar.



Please befriend us and stay in touch on [facebook!](#)

We have pages as: [Jeffrey Briar](#) - [Laguna Laughter Club](#) - [Laughter Cruise](#) - [Gibberish](#)

A copy of this worldwide newsletter will be posted on our website at
<http://www.lyinstitute.org/newsletter.htm#worldwide>

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