



The Laughter Yoga Institute



WORLDWIDE NEWSLETTER www.LYInstitute.org

Volume 2, # 5 (August-September, 2011)

Dear Friend in Laughter,
We hope you enjoy our Worldwide Newsletter for leaders and lovers of laughter. Please support those listed by *attending their events!*
With Love & Laughter, Jeffrey Briar JBriar@LYInstitute.org



Ahead:

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

~ ~ ~ EVENTS ~ ~ ~



August 15-19 International Laughter Program

Columbus, Ohio USA Laughter, Chocolate, Wine and Cheese... with Corinne Cosseron from France (presented in English). Training in "Rigology," clownery, games, more. Tuition: \$649. Prerequisite: certification as a Laughter Leader (WLT) or Laughter Yoga Leader (Kataria School). www.ecolederire.org Register online or by phone at 800.669.5233

8/22-28 Australasia Laughter Yoga Conference

Adelaide, AUSTRALIA Pre- and Post- Conference Workshops to suit all people and all budgets. Dr. KATARIA gives a **Certified Teacher Training** 22-26 (Aus\$795; \$295 to Review). Conference fee starts at \$295. <http://laughteryoga-australia.org/conference/97-australasian-conference-2010.html> Merv Neal mervneal@laughteryoga.org

August 31 - Sept. 4, Laughter Bus Cape Town, SOUTH AFRICA Lovely sightseeing tour with laughter, fun and festivities. "Departs from *Cape Town* towards the *Garden Route*, stopping at beautiful and interesting places, enjoying lunch at the seaside and sharing laughter with local communities." Approx. US\$800 www.laughterbus.co.za Martin Combrinck Cell: +27.7222.97454 info@laughterbus.co.za



September 9 Laughter Championship Vienna, AUSTRIA Fun participatory "non-competition" sure to bring plenty of hilarity to all (...who cares who "wins" or "loses?"). Featuring Albert Nerenberg (director of *Laughology*). Contact Jeanette Schulz (Austria) (00) 43.676.410.27.28 jeanette.schulz@gmx.net

9/9 Laughter and Chocolate Workshop ("Rire et Chocolat") CANADA Quebec City Delicious workshop combining Laughter Yoga and quality chocolate-tasting experiences. Approx. \$35 (please inquire) info@yogadurire.com Linda Leclerc www.yogadurire.com (819) 210-5057

9/13 Laughter Yoga Book Launch CANADA Kingsway, Club de Golf. Laughter Session and celebration of the release of Linda's new CD and Book. info@yogadurire.com Linda Leclerc www.yogadurire.com (819) 210-5057

9/17-18 Laughter Yoga 2-day Certified Leader Training Irvine, CALIFORNIA USA 10am-5pm daily. 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 of Laughter Yoga). \$245-295 Irvine Valley College, Irvine California USA <http://lyinstitute.org/programs-and-services/#leader> (949) 376-1939 JBriar@LYInstitute.org

9/22-25 All-America Laughter Yoga Conference San Diego, CALIFORNIA USA. Preceded by **Certified Laughter Yoga 5-day TEACHER Training** (9/18-22 with Sebastien Gendry). www.laughteryogaamerica.com (626) 755-5999 laugh@laughteryogaamerica.com Conference fee is \$215 (inquire re: Work Study scholarships). <http://2011.laughteryogaamerica.com/>

9/30 Laughter is Serious Business Workshop St. Albans, Hertfordshire, UK (ENGLAND) A



workshop for those who have completed Laughter Leader/Skills courses and want to get ideas and real advice on how to promote themselves. 10am-3pm with lunchbreak. £100 includes a £25 DVD. www.unitedmind.co.uk/Laughter-Business.php Lotte Mikkelsen +44 (0) 1727 741 050 lotte@unitedmind.co.uk

October 7-9 Laguna Laughter Club Mountain

Retreat Angelus Oaks, CALIFORNIA USA Everyone is welcome on this three day retreat (with possible 4th day extension) in the pine forest above Redlands. Daily Laughter Yoga sessions, music, dancing, Tie-Dye, hiking, and vision-sharing. Approx. \$150 (includes meals). Jeffrey Briar (949) 376-1939 JBriar@LYInstitute.org

12/12-16 Certified Laughter Yoga TEACHER Training presented by Jeffrey Briar

Concord, New Hampshire (New England Yoga; master the skill of a Solo Laughter students with different Learning Styles; Yoga Leader Trainings. Tuition \$795 (inquire is additional). <http://lyinstitute.org/programs-info@LYInstitute.org>



area) USA Dive into the spiritual heart of Laughter Practice; learn how to teach Therapeutic Laughter to become trained and certified to deliver 2-day Laughter re: discounts, Reviewer- and Auditor- rates). Lodging [and-services/#leader](http://www.lyinstitute.org/programs-and-services/#leader) (949) 376-1939

Oct. 17-23 Laughter Club Bus Tour: *New England in the Fall* with Anne Timpany &

Jeffrey Briar Massachusetts to Maine, USA Laughter Yoga, special events, programs: laughter boat rides, hikes, sessions - and reveling in the splendor of New England in the Fall. Price pending (approx. \$150-200 per day, lodging and transportation included). www.laughterbus.com Anne Timpany (208) 351-1241 Anne@LaughingAnne.com

Oct. 21-23 Laughter Yoga Congress in Mexico MEXICO CITY From \$165 (if register by August 26). In Spanish (frequent English translations). Preceded by **Leader** (10/15-16) and **Teacher Trainings** (10/17-21 with Sebastien Gendry). Additional charge for Trainings. <http://jojojajaja.com/eventos/1st-world-laughter-yoga-congress-in-spanish/> Luis Gomez and Nathan Mansbach info@yogadelarisa.com or correo@jojojajaja.com

10/23 Laughter and Chocolate Workshop ("Rire et Chocolat") CANADA Montreal See Sept. 9 Approx. \$35 (please inquire) info@yogadurire.com Linda Leclerc www.yogadurire.com (819) 210-5057

Oct. 29-Nov. 5 Laughter Cruise in the Caribbean Departs from Miami Florida, USA Daily laughter sessions (including in ports: Grand Turk, San Juan - Puerto Rico, St. Thomas, and Half Moon Cay), onboard programs, easy yoga/stretch classes, creating new exercises; fun and friendship galore! Holland America Lines, from \$719 per person (double occupancy) plus \$205 taxes/fees. Some rooms can have 3rd/4th person at only \$99 each (plus taxes/fees). www.laughtercruise.com To book: Amy Ferrell (941) 349-6069 amy.ferrell@verizon.net Program info/Roommate requests: Brigitta Keane (845) 264-9935 brigittekeane@gmail.com



Oct. 31-Nov. 5 Laughter Yoga Leader Training

At Sea with Sue Ansari and Pat Conklin Departs from Tampa Florida, USA Become a Certified Laughter Yoga Leader while cruising on the Carnival Inspiration. Ports of call: Grand Cayman and Cozumel. Leader Training tuition: \$300; cruise price from approx. \$350 <http://www.laughteryoga-michigan.com/> Sue Ansari laughteryogamichigan@gmail.com

November 9-13 Certified Laughter Yoga 5-day TEACHER Training Sedona, Arizona USA (with Jeffrey Briar) \$795 tuition (lodging additional). <http://lyinstitute.org/programs-and-services/#leader> (949) 376-1939 JBriar@LYInstitute.org

11/11 Laughter is Serious Business Workshop ENGLAND (see Sept. 30)

11/17 Laughter and Chocolate Workshop ("Rire et Chocolat") CANADA Ottawa See Sept. 9 Approx. \$35 (please inquire) Linda Leclerc www.yogadurire.com (819) 210-5057

11/25-27 Madhuri-Re Retreat CANADA, Eastern Townships Fee (please inquire) info@yogadurire.com Linda Leclerc www.yogadurire.com (819) 210-5057

11/25-26 1st African Laughter Yoga and Alternate Healing Conference Durban, SOUTH AFRICA "Humour, Hope and Healing" Fee: R2500 includes meals. Sheroma Surajnarayan sheromasn@africanlaughter.co.za



December 5-9 Certified Laughter Yoga 5-day TEACHER Training San Francisco, California USA (with Jeffrey Briar) \$795 tuition (lodging additional).

<http://lyinstitute.org/programs-and-services/#leader> (949) 376-1939
JBriar@LYInstitute.org

12/12 Laughter is Serious Business Workshop ENGLAND (see Sept. 30)

➤ In 2012:

January 16-20, Laughter Yoga Teacher Training with Linda Leclerc, Winnipeg Manitoba CANADA
info@yogadurire.com Linda (819) 210-5057 www.yogadurire.com

March 21-25, Laughter Yoga Teacher Training with Jeffrey Briar, Corona Southern California USA
<http://lyinstitute.org/programs-and-services/#leader> Jeffrey (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 edition: October, 2011. Please do not merely send us a flyer or website link, but follow this format: provide dates, times, location *including country*, a brief description, cost if any, and contact info (see examples above).

~ ~ ~ LEARN AND LAUGH ~ ~ ~

See the hysterical MusicVideo, "Come to The Laughter Club" (The Laughter Club Song) A rollicking, ridiculous, rip-roaring feast of four-part harmony swing, with hysterical visuals from several laughter sessions. Watch it over and over for new discoveries and new laughs! Click to view on YouTube: <http://www.youtube.com/watch?v=DT2r61mWmXI>
On Vimeo: <http://vimeo.com/21046283>



Gibberish Picture- and Story- Book The worldwide laughter community has co-created a book full of pictures which make you laugh, and stories which are nonsensical (all in gibberish). Thus there will be no language barrier; everyone can share these humorous "tales and pictures" and share some hearty laughter. The book, entitled "Froigen deebled Craggle-Zorp!" will be provided free-of-charge for Children's Hospitals and Hospices so caregivers can share laughter with those who are ill. Priced at a hilariously low \$14.95. Now available on Amazon.com (search under "Gibberish")! Order today at <http://tinyurl.com/GibbBook>

The Gibberish Video: "Gibberish Sets You Free!" Expand your world of possibilities! Witness "How to Speak Gibberish: 101," "How to Put on an All-Gibberish Party," "Greetings to Madan-ji," more. Make talking in nonsense (and throwing an All-Gibberish Party) a snap. Extended DVD. <http://tinyurl.com/GibbVideo>

Laughter Exercise-of-the-Month videos available online (free) New exercises change frequently; benefits, "How to Lead," variations. Twenty-plus brief videos now available for viewing, free for all to enjoy. <http://lyinstitute.org/resources/>

~ ~ ~ RESOURCES AND LINKS ~ ~ ~

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

Free Report: "How to Lead a Laughter Exercise (Briar)" ("Say, Show, 'Go!'"):
<http://lyinstitute.org/pdf/LeadExercises3D.pdf>

Free Report: "World Laughter Tour and the Dr. Kataria School" Origin and history of these programs; includes comparison of the 2-day trainings and their similar/differing content. (An article by J. Briar on Dr. Kataria's website): <http://laughteryoga.org/lyblogs/jeffrey-briar/563-world-laughter-tour-and-kataria-school-compared>

-> NEW PRODUCTS <-

Order at <http://marketplace.lyinstitute.org/> or **click on title** below.

T-Shirts - Original Design Top-quality 100% cotton, rich turquoise blue with bright Laughing Sun on the front and the motto "...with Liberty and Friendship for all." Reverse has "Laughter Yoga", web address for Laguna Laughter Club, and the international Ho ho ha ha spiral design. We also have a **RAINBOW** Tie-Dye version! Almost **SOLD OUT** - please write first to confirm availability in your size.



The Great Big Anthology of Laughter Exercises (printed **book** or downloadable **E-book**) 500 exercises, photo-illustrated; including Dr. Kataria's Foundation Exercises (every one with a *large* picture), Laughter Meditation, How to Lead a Laughter Exercise (Briar), more. **NEW! COLOR** edition now available.

Gibberish Picture- and Story- Book The worldwide laughter community has created 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 share some hearty laughter. The book "Froigne deebled Craggle-Zorp!" can be provided free-of-charge for Children's Hospitals and Hospices so caregivers can share laughter with those who are ill.



NEW! Laughter Revolutionaries **book** ~ interviews with Dr. and Mrs. Kataria, Patch Adams, Karyn Buxman, Francoise Rousse, Laura Gentry, Kathryn Burns; articles and reports from reverends, singers, mental health professionals and others on the miraculous benefits of therapeutic laughter. 35 photos... stories that will change your life.

The Gibberish Video: "Gibberish Sets You Free!" "Gibberish 101: How to Speak Gibberish," "How to Put on an All-Gibberish Party," "Greetings to Madan-ji," more. Make talking gibberish (and throwing a Gibberish Party) easy. Extended **DVD**.

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.

Sessions were filmed on the beach and in a pine forest. 75-minute video on **DVD** with coaching from Jeffrey Briar.

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 Laughter Exercise Photo Flash Cards First Printing is Sold Out. **NOW available as downloadable .pdf files** Use the files to make your own set of cards (any size), or poster-size enlargements! www.laughter-exercise-cards.info

Please befriend us and stay in touch on [facebook!](https://www.facebook.com)

We have pages as: [Jeffrey Briar](#) - [Laguna Laughter Club](#) - [Laughter Cruise](#) - [Gibberish](#) (the page with the laughing elephant) - [Laughter Club Bus Tour](#)

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

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Gablitz, Austria (during the Laughter Club Bus Tour)