

FREE Social Laughter Clubs – The Heart and Soul of Laughter Yoga

Walking in a park in Mumbai, New York, California, Auckland, Sydney, Taipei, or Beijing? Don't be surprised to hear chants of "*Ho Ho - Ha Ha Ha*" from groups practicing Laughter Yoga. Are they getting hooked on happiness?

In India, thousands of Laughter Yoga clubs meet every morning in public parks. Club members proudly share that they haven't missed a day in five years or more. They say it makes them happy, healthy, and full of energy, transforming their lives.

The Heart of the Laughter Yoga Movement

Laughter Clubs are the heart and soul of the Laughter Yoga movement—a global network of social clubs run by volunteers. People gather in groups at public places or indoor venues to practice laughter exercises, combined with breathing and stretching, to reap enormous health benefits. These clubs are free and open to everyone, connecting people across cultures, languages, and lifestyles.

The Practice of Laughter Yoga

In addition to fulfilling social needs and fostering meaningful relationships, Laughter Clubs promote the practice of Laughter Yoga—an exercise routine developed by Dr. Madan Kataria. This unique workout combines laughter with deep yogic breathing for improved wellness. Laughter is simulated physically but soon turns real and contagious through eye contact and childlike playfulness.

A Boon for Seniors

Laughter Clubs have been particularly beneficial for seniors and the elderly. At a stage of life often marked by loneliness, depression, and a loss of purpose, these clubs become a haven of joy. They restore lost laughter, boost confidence, and provide a sense of belonging. Beyond emotional care, the clubs also help seniors exercise, improving strength, stamina, and energy that often diminish with age and inactivity.

Healing through Laughter Clubs

Laughter Clubs offer unique healing benefits that vary based on individual physical, mental, and emotional conditions. Here are a few examples:

- Chronic pain, migraines, headaches, and asthma attacks have become less frequent or disappeared entirely for many members.
- Members with high blood pressure, spinal, neck, and shoulder problems—even diabetes—have seen their conditions normalize, sometimes requiring no medication.
- Those battling depression, anxiety, or chronic stress have reported a shift from fear and negativity to a positive state of mind.
- Long-standing emotional issues like bitterness and hatred have been released through laughter's cathartic effects, leading to joy and freedom.
- Cancer patients have experienced reduced fear and pain through regular laughter.
- Students struggling with emotional blocks have reported renewed ability to learn and succeed.

A Network of Caring and Sharing

Social Laughter Clubs go beyond physical healing; they foster caring and sharing relationships that are vital for a happy, healthy life. Relationships built through regular laughter often become remarkably strong.

Examples of Laughter Clubs' Impact:

- A member devastated by the loss of his uninsured shop found hope when fellow club members pooled funds to rebuild his business, helping him regain his livelihood.
- When an elderly member was shattered by the death of her husband, club members offered emotional and physical support, staying with her daily and helping her recover. She later started a Laughter Club at a school, where she continues to hold laughter sessions for students.

How to Start a Laughter Club

In India:

Most Laughter Clubs in India meet daily in public parks, combining laughter sessions with morning walks. To start a Laughter Club:

- Find a location where people can gather early in the morning, such as a park, open ground, or beach.
- Choose a place away from residential areas to avoid disturbing others.
- In regions with unfavorable weather, consider holding laughter sessions at yoga classes, health clubs, or aerobics centers as a value-added activity.

In Western Countries:

Laughter Clubs in the West function slightly differently. Members often meet for two hours on weekends or fortnightly. A typical session includes:

- 30 minutes of laughter exercises, breathing, and stretching.
 - 30 minutes of Laughter Meditation.
 - Humor activities, fun games, brainstorming on the psychological and philosophical aspects of laughter, and dancing with music.
- The frequency of meetings can be adjusted based on the group's convenience.

If you want to start a Laughter Club in your area please contact help@laughteryoga.org

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Laughter clubs meet in public parks across India, with over 20,000 clubs worldwide. You can also join the free online Laughter Club on Zoom every day. [Click here for details.](#)

Want to become a certified Laughter Yoga leader? [Learn online here.](#)

Check out Laughter Yoga on [YouTube](#) or visit www.laughteryoga.org to find a session near you.