



Planning for Special Order Laughter Yoga Session

○ **Talking Points:**

- Laughter Yoga is a unique idea where anyone can laugh, anywhere and anytime, for no reason at all. We don't need jokes, comedy or even a sense of humor.
- We laugh as a form of exercise in a group and when we look at each other and have eye contact, the laughter becomes contagious and genuine, real laughter.
- We call it Laughter Yoga because we combine laughter exercises with the deep breathing and deep relaxation of Yoga. Deep breathing brings more oxygen to the body and the brain, making us feel healthier and more energetic.
- It's a proven scientific fact that even if your laughter is self-stimulated, your body will have the same tremendous health benefits as real, genuine laughter – so we have a saying in Laughter Yoga: "fake it till you make it!"
- Laughter Yoga was started in March 1995 by a medical doctor from India where Dr. Madan Kataria and his wife Madhuri started in a park in Mumbai with only 5 people. Today there are over 6000 Laughter Clubs in over 60 countries!
- Learn more about it ...(www.laughteryoga.org)

○ **Logistics:**

- **Time:** Need at least 30 minutes, preferably 45.
- **Space:** Room for everyone to get up and walk around, interacting. Chairs available if needed.
- **AV:** None needed. *If a microphone is used for larger groups, it must be wireless & hands free.
- **Fee:** Patty charges no fee if context can be heart attack/stroke prevention. However, she suggests a donation to the American Heart Association for the Go Red for Women program.
- **Dress:** Dress comfortably. Mats are not necessary.
- **Meal:** If you are serving a meal, must finish before exercise to prevent choking.
- **Alcohol:** None, please. (Request that this activity not be associated with drinking.)
- **Agenda:** Estimate: Subject to change based on time allowed & target audiences.)
 - Talking points (Laughter Yoga & Health Benefits) 5 -10 min.
 - Transitional Exercises (Introduction and Warm Up) 5 min.
 - Laughter Exercises (Mimic Activities & Laugh) 10-15 min.
 - Laughter Meditation (Continuous laughter) 1-2 min.
 - Relaxation (Depends on setting) 2-3 min.
- **Handouts:** We will furnish, as indicated and if necessary.
- **Helpers:** May bring other Laughter Yoga Leaders if appropriate to assist in getting group involved
- **Ongoing:** Covenant Laughter Club meets on Wednesdays 5:30 PM to 6:15 PM Covenant LifeStyle Centre (Top of East Parking Garage) 21st & Joliet, Lubbock, TX 806-725-4386
No fee and no RSVP required. Membership in Covenant LifeStyle Centre not required.
Certified Laughter Yoga Leader Trainings available through:

**Carla Brown, Certified Laughter Yoga Leader Trainer*

○ **Introductory Bio for Patty Freier, BSN, RN-BC, RCIS**

- Revised 4-5-2011 Call cell phone 806-787-2599 with any questions. Email pfreier@covhs.org
- Patty has been a Registered Nurse for 38 years, having earned her Diploma at Hotel Dieu School of Nursing in El Paso and Bachelor of Science in Nursing at Texas Tech University Health Sciences Center.
- She is Board Certified as a Nursing Professional Development Specialist, and a Registered Cardiovascular Invasive Specialist. She currently serves as the Chest Pain Center Coordinator for Covenant Medical Center, as well as the Education Nurse Specialist for Cardiac Services.
- As a Certified Laughter Yoga Leader, Patty helps people learn to fight heart disease and other conditions through the use of laughter therapy.
- Laughter has been a life changing experience for her and she invites you to join her in this powerful and joyful journey.



Keep a song in your heart and laugh often! Laugh to fight heart disease.