

**Texas CIT Association Conference**

**Friday, April 19, 2024**

**LAUGHTER YOGA**

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THE SHAKHA ZONE, LLC

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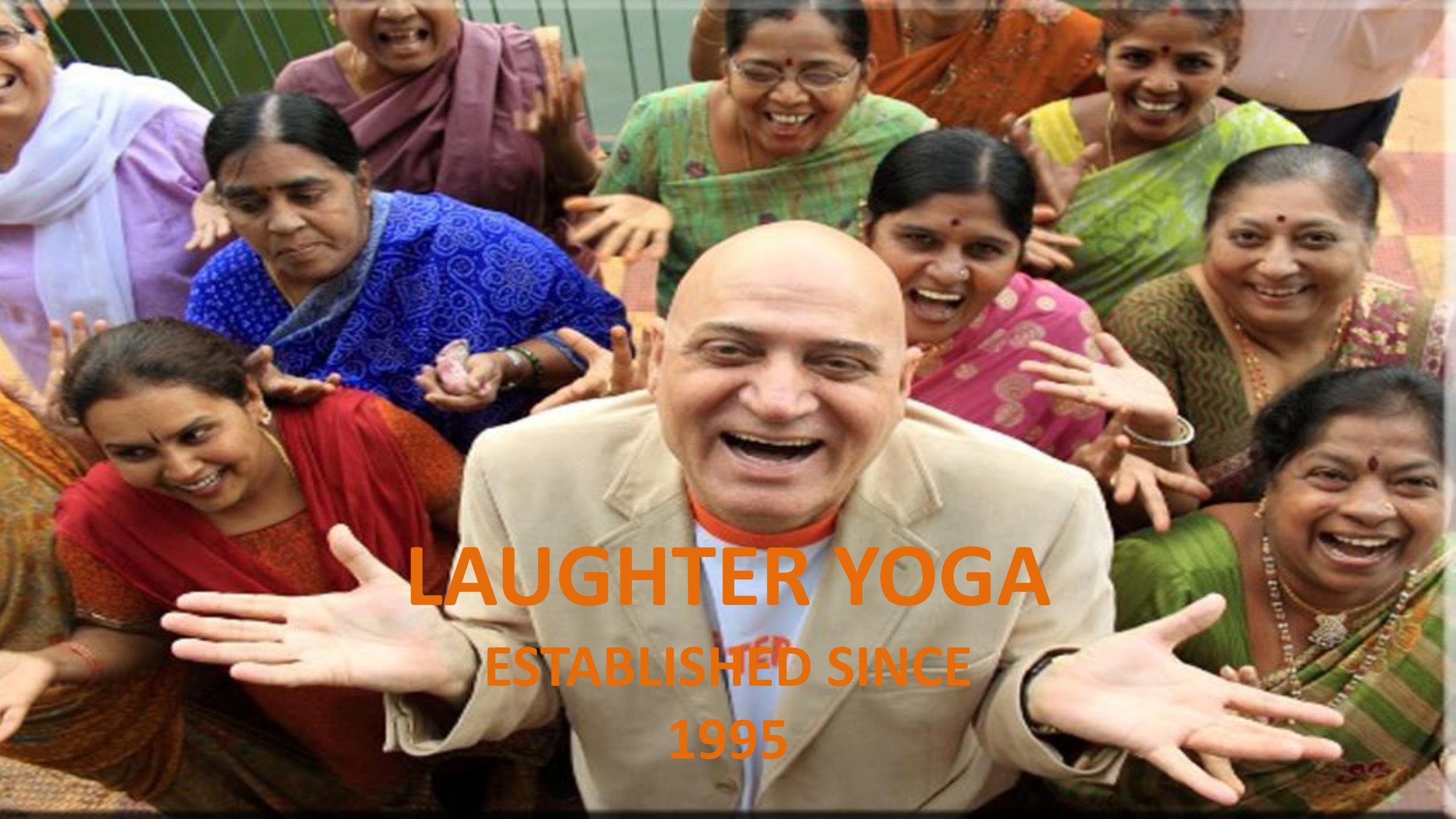
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# What is The Shakha?

Warrior,  
Worship,  
Awakened,  
Playful,  
Embodiment,  
Ancestors,  
Teacher.

# LAUGHTER YOGA

Is laughter really the best medicine?  
Research shows that laughter positively  
impacts issues like stress, pain, blood  
pressure, and the immune system.  
Participants in this session will learn how  
Laughter Yoga can improve the mind, body,  
& spirit.



LAUGHTER YOGA  
ESTABLISHED SINCE  
1995



Anyone  
Can Laugh  
For No  
Reason

A woman with blonde hair, wearing a dark grey tank top, stands with her arms raised wide in a joyful pose. She is smiling broadly with her eyes closed. The background is a clear blue sky with a few wispy white clouds. The lighting suggests it's a sunny day.

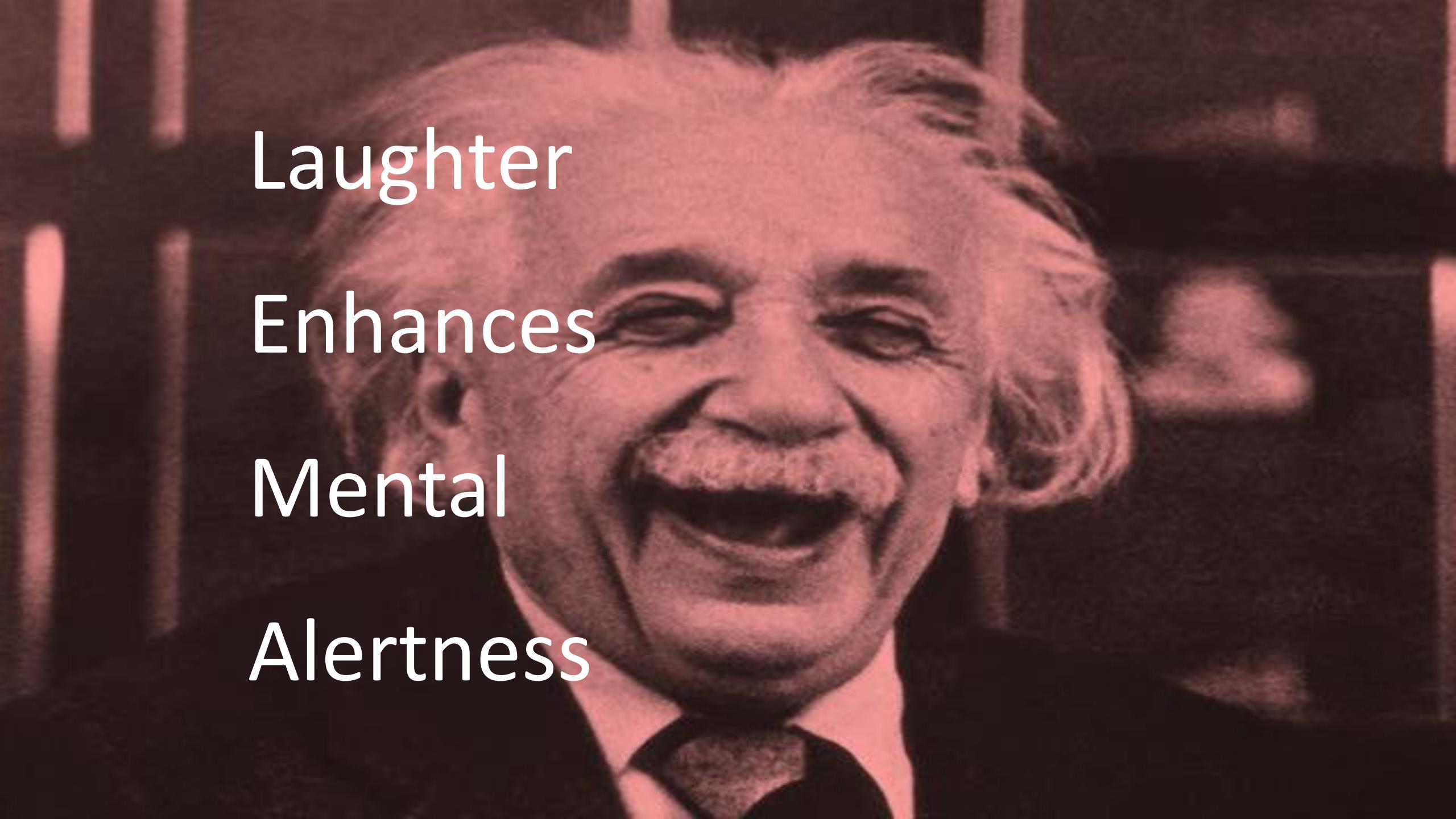
BODY-MIND LINK RELEASES  
ENDORPHINS



Laughter  
Connects Others Instantly

Laughter  
Improves  
Physical  
Well-being





Laughter  
Enhances  
Mental  
Alertness

A photograph of a Buddhist master, likely the Dalai Lama, smiling warmly. He is wearing traditional maroon and yellow robes. The background is a soft-focus indoor setting with warm lighting.

Laughter Promotes  
Spiritual  
Well-being

“How  
To  
Do  
Laughter  
Yoga?”



A young woman with long, wavy brown hair is smiling broadly with her mouth open, showing her teeth. She is wearing a bright yellow, ribbed, long-sleeved sweater over a green and black plaid shirt, paired with blue jeans. She is captured in the middle of clapping her hands, which are raised and open. The background is plain white.

LET'S  
CLAP  
OUR  
HANDS

Take  
A  
Deep  
Breath



A photograph of a group of men singing and playing hand drums. They are wearing dark clothing and hats. The man in the foreground is singing with his mouth wide open. Several hand drums are visible in the foreground. The background is blurred.

Do  
the  
Laughter  
Chant

gettyimages®  
Juan Silva

# Simulated Laughter Exercises



# Some Laughter Yoga Exercises

**Cold Shower Laughter**

**Peek-a-Boo Laughter**

**Argument Laughter**

**Namaste Laughter**

**Laugh at Me/You Laughter**

**Just Laugh Laughter**

**Laughter Mask**

**Zip Laughter**

**Argument Laughter**

**Apology Laughter**

**I Give Up Laughter**

**Milkshake Laughter**

# THANK YOU!

Want to Become a LY Professional?

Attend the

2 – Day Certified Laughter Yoga Leader  
Workshop.

Call 281.544.0770

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