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Schedule Today
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THAT'S THE

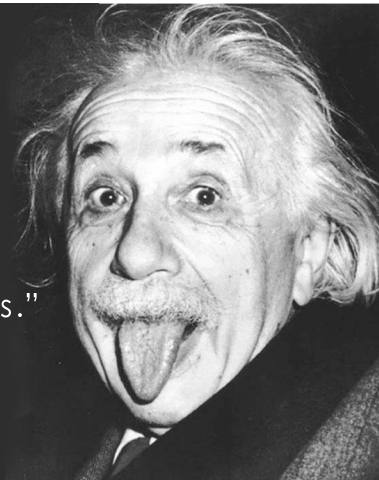


Laughter Club

Laughter is the Best Medicine

The body can not tell the difference between natural and pretend laughter. Together we create a playful space so our bodies release all the healing, happy and productive feelings we get from naturally occurring laughter

"I fear the day that technology surpasses human interaction. The world will have a generation of idiots."



Albert Einstein

"Laughter Yoga combines laughter with yoga breathing exercises. It is a perfect way to laugh and get exercise at the same time. It approaches laughter as a body exercises so it's easy to laugh if you're in a bad mood . I've tried it, and it works."

Oprah Winfrey



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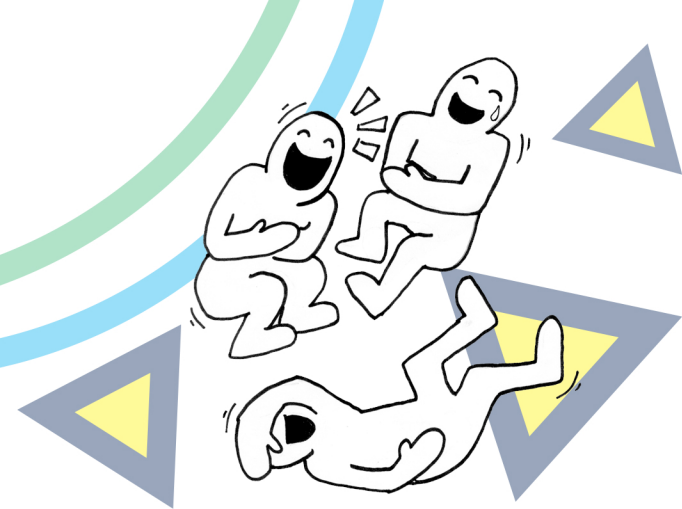


"There is little success where there is little laughter."
 Andrew Carnegie

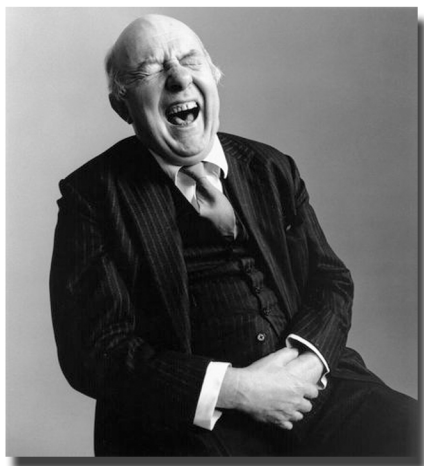


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Do you hate laughing so hard you can't breath or smiling til your cheeks hurt? Then stay far away from laughter club. We use laughter and imagination to energize our bodies, connect us with others and shape our brains to be resilient, flexible and efficient!



What is Laughter Yoga ?

Laughter Yoga was developed by a heart surgeon named Madan Kataria. Recognizing the healing benefits laughter can provide. He organized a group of people to laugh for happiness and health.

Benefits of Laughter

Physical

- Increase blood oxygen levels
- Releases Endorphins
- Increases Pain Threshold
- Lowers Blood Pressure
- Increases Immune System



Mental

- Boosts Mood
- Have More Energy
- Decreases Anxiety and Stress
- Increases Creativity



Social

- Bonds People Together
- Defuses Conflicts
- Increases Expression
- Attracts Others

How?

Of course we want to laugh. But how? By laughing for no reason at all! Ivan Pavlov, the founder of classical conditioning, discovered that dogs would begin salivating when they heard a bell even when it wasn't paired with food. You have been laughing at funny things your entire life. When we simulate laughter, our bodies still get all the same benefits.

The body does not know the difference between real and simulated laughter.

Who ?

Greg Hample's Laughter Club establishes a comfortable place for people to enjoy laughing on purpose. Using exercises, intention, and the group dynamic things can get very wild. Each person adds their own energy and experience that the rest of the group can enjoy.

Types of Exercises

Breathing exercises help us develop control so we can breathe deeper and laugh harder.

Conditioning Laughter into other areas of life so we can be joyful and appreciative more frequently .

Inhibition Games like dancing and silly exercises help get comfortable expressing ourselves in many aspects.

Social Exercises create fun and playful communication. These cooperative interactions increases teamwork.

Contact Greg and find out how your organization can benefit with laughter!
GregoryHample@gmail.com



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