



The Laughter Yoga Institute

WORLDWIDE NEWSLETTER www.LYInstitute.org

Volume 1, # 1 (March, 2010)



Dear Friend in Laughter,

Thank you for requesting our newsletter with the latest information, advances and headlines of interest to the world's laughter-loving community. At The Laughter Yoga Institute our core values are Innovation, Quality and Integrity. We hope you get much of value from our programs, and look forward to receiving your comments. With Love & Laughter, Jeffrey Briar <mailto:jbriar@lyinstitute.org>

Ahead:

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

LEARN AND LAUGH

Free download Inspiring ways people are making good income with laughter-based practices
http://www.lyinstitute.org/PDF/Make_Money.pdf



Laguna Laughter Club trip to Catalina Island

A grand success (despite bad weather), report on the Laughter Yoga International blogsite: <http://laughteryoga.org/lyblogs/jeffrey-briar/218-record-breaking-storms-cant-dampen-this-laughter-adventure>

New Trainers for the Laughter World

For the first time in the history of the movement, Dr. Kataria (creator of Laughter Yoga and founder of the international laughter club movement) will train three other people to deliver the 5-day Certified Laughter Yoga Teacher's Training. The Lucky Three are: Jeffrey Briar (The Laughter Yoga Institute), Sebastien Gendry (American School of Laughter Yoga) and Laura Gentry (Iowa School of Laughter Yoga). Watch for their trainings to begin in 2011.

Gibberish Picture- and Story- Book project announced

Celebrating our new partnership with the staff at a children's hospital, the worldwide laughter community is invited to co-create 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." See the "Gibberish" page on **facebook**; a website will soon appear.

Jeffrey Briar returns to Europe May 6-26, 2010

Itinerary includes stops in Zurich, Basel, Interlaken, Salzburg, Graz, Rennes and Paris - all with Laughter Buddies! Dr. Kataria's Teacher Training is in Interlaken 12-16 May; creative projects include hilarious videos and The Gibberish Storybook (details elsewhere in this newsletter).

Laughter Yoga presented during the Olympics

Feb. 24-25 at the "Made In Vancouver" Festival, led by Jeannie Magenta and son Alex Phaneuf. See pictures on **facebook**, the page for "Universal Laughter", in their album, "My laughter pics"

L.Y. at M.I.T.

Lynn Caesar conducted a Laughter Yoga session in January with the staff, faculty, and military fellows at the prestigious Massachusetts Institute of Technology.

http://www.laughteryoga.org/index.php?option=com_content&view=article&id=1701:laughter-yoga-in-massachusetts-institute-of-technology&catid=125:latest-&Itemid=275

Iran announces seventeen thousand laughter club members

There are more than 17,000 members in laughter clubs all over Iran, and they are looking forward to Dr. Kataria's visit. 80 percent of the members in the Iranian laughter clubs are women. Contact Ali Merikhi <http://www.hahahoho.blogfa.com/majidpezeshki@yahoo.com> Article: http://www.laughteryoga.org/index.php?option=com_content&view=article&id=1682:laughter-clubs-in-tehran-&catid=125:latest-&Itemid=275

Laughter Exercise videos available (free)

Show how to lead as well as perform numerous exercises. Twenty brief videos now available for viewing on YouTube, free for all to enjoy. <http://www.youtube.com/watch?v=XAezPm05guw> (YouTube account: "JoyfulGent")



Masters-Level Program begins Summer 2010

The Laughter Yoga Institute is proud to announce the offering of a Mastery-level program, featuring instruction from J. Briar (the most experienced leader of laughter exercises in the western world). Three sample modules will be presented at the Harbin Retreat, June 18-20. www.LYInstitute.org

EVENTS (through Summer 2010)

March 13 - Montreal Laughter League

First meeting: 11:00am - 1:00pm, Atwater Library Auditorium, 1200 Atwater Avenue, Montreal Canada. Pam Wener (514) 484-2504 pamela_wener@hotmail.com

March 14 – All-Gibberish Party

Creative arts, poetry, fashion, singalong - without a single intelligible word. Laguna Beach, California USA \$10 materials fee (949) 376-1939 info@LYInstitute.org

March 20-21 - Laughter Yoga 2-day Leader Training

Certification to the standards of the Dr. Kataria School. Cordelia Knott Center for Wellness, Orange California USA www.LYInstitute.org (949) 376-1939 JoyfulB@cox.net



April 2-4 - Certified Laughter Yoga Leader Training

Co-led by Rebecca Wood and Jeffrey Briar, Albuquerque New Mexico USA www.welovelaughter.com
Rebecca: (505) 907-7754 well@welovelaughter.com

April 12-16 - Laughter Yoga 5-day Teacher Training

Presented by Dr. Kataria (in attendance will be the world's new Teacher-Trainers: J. Briar, S. Gendry, L. Gentry) Chicago Illinois USA www.laughteryoga.org

April 13 and 17 - Laughing Meditation (from the OSHO tradition)

Teacher Training, certification program from Sarito Sun, 12:30-5:30pm daily (two Saturdays), \$175 (\$160 if paid by March 15). www.saritosun.com 760-942-3642 ssarito@hotmail.com

April 23-24 - Advanced LY Leader/Teacher Training

Includes Anatomy, integrating Hatha Yoga, Meditation. Prerequisite: CLYL or CLYT status. CEU's offered. Osher Center for Integrative Medicine, San Francisco California USA \$275
www.carmelacarlyle.com Carmela Carlyle contact@carmelacarlyle.com

April 30-May 2 - Laughter Yoga Congress (Conference)

Seminars, workshops, advanced programs (primarily in German). Bad Meinberg, Germany. Brochure: http://issuu.com/wueins/docs/lachyoga_kongress_brosch_re_a4_4c Gabriella Leppelt-Rommel info@yogilachen.de

April 30-May 2 - Eighth Laughter Lovers' Symposium

Cinema, theater, music, dancing, workshops (primarily in French). Celebrate World Laughter Day May 2. Frontignan, FRANCE <http://www.ecolederire.org/rassemblement-international-des-rieurs.html>



May 2 World Laughter Day Celebrations:

Sidney, Australia – 10,000 laughers expected! Dr. Kataria will attend.

<http://www.laughteryoga-australia.org/home.html>
Merv Neal mervneal@maurant.com.au

Irvine, California USA - At the new "Great Park." Sheila Horowitz hahayoga@gmail.com
(949) 887-0912

May 12-16 - Certified L.Y. 5-day Teacher Training

With Dr. Kataria, assisted by Jeffrey Briar; Interlaken, Switzerland www.laughteryoga.org

May 16 - All-Gibberish Brunch

Graz, Austria Elfi Seher elfi.seher@herzlachen.com

COMING THIS SUMMER:

Masters Program in Laughter Yoga Leadership (dates tba)

Earn an advanced degree ("MLCL" - Masters in Laughter Club Leadership) from the Laughter Yoga Institute. 12 modules, one hour each (all include experiential work), topics include: Timing, The Art of the Warm-Up, Sensitivity & Compassion, Creativity and Variety. Main presenter: Jeffrey Briar, founder of the Laguna Laughter Club (meets seven days per week, has welcomed over 17,000 laughers). Guest Instructors may include Kathryn Burns, Fiona Skye, Sue Snyder, David Sullenger. Support materials provided; affordably priced. Three modules will be presented at the Harbin Retreat (18-20 June in California) at no additional cost. www.LYInstitute.org (949) 376-1939 JoyfulB@cox.net

June 5-6 - Certified Laughter Yoga 2-day Leader Training

Presented by Jeffrey Briar at Irvine Valley College, Irvine California USA www.LYInstitute.org (949) 376-1939 JoyfulB@cox.net

June 7-11 - Certified Laughter Yoga 5-day Teacher Training

With Dr. Kataria in Bangalore, India www.laughteryoga.org

June 12 – Laughing Meditation (from the OSHO tradition)

Teacher Training Certification program from Sarito Sun, one day 10am-6pm, Irvine California USA \$125 (Early Registration discounted to \$99, must register by May 2) www.LYInstitute.org (949) 376-1939 info@LYInstitute.org

June 18-20 – Harbin Hot Springs Laughter Yoga retreat/workshop

(residential)

Creating new materials for the international Laughter-Loving community. All levels; special programs for Advanced Laughter Leaders (introduction to Master-level work). Middletown (near Napa) California USA Under \$200 www.LYInstitute.org (949) 376-1939 info@LYInstitute.org



July 16-18 - Conference and Advanced Training for Laughter Yoga Teachers and Leaders in Finland

→ **July 19-23 Certified Teacher Training** presented by Dr. Kataria (in Finland) www.laughteryoga.org

FUTURE EVENTS

September 25-26 - Laughter Yoga 2-day Leader Training

Certification to the standards of the Dr. Kataria School. Cordelia Knott Center for Wellness, Orange California USA www.LYInstitute.org (949) 376-1939 JoyfulB@cox.net

October: Alex Sternick's Gibberish Tour alexlaugh@gmail.com

Gibberish explorations, creativity, emotional freedom, laughter; 6- to 7-hour workshops

October 2-3 - Vienna Austria jeanette.schulz@gmx.net,

Oct. 9 - Brussels Belgium jean-claude@clubderire.be, www.clubderire.be

Oct. 15-16 Bordeaux France gerlof.lenten@free.fr, "Olivier Ouzé" olivier.ouze@yahoo.fr

October 15-17 - Laguna Laughter Club Mountain Retreat

Daily laughter sessions, new programs, art projects, dancing. Held at Camp de Benneville Pines, Angelus Oaks California USA \$150 with meals (949) 376-1939 JoyfulB@cox.net



November 5-12 - Laughter Cruise to Mexico (dates approximate)

Our luxurious cruise ship departs from southern California, USA. Daily laughter programs, "Laughing with the Stars," "Laughter Dances," films with discussion, All-Gibberish Grand Reception/Soiree, much more.

Approx. \$850 www.LYInstitute.org (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: June 7, 2010. Please do not merely send us a flyer or

website link; instead follow the format as above. Provide the date, a brief description (including location *and country*), cost if any and contact info.

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

Free quarterly newsletter with innovations and programs for Laughter Lovers everywhere on the Earth: <http://www.lyinstitute.org/newsletter.htm#worldwide>

NEW PRODUCTS

Can be purchased as available at <http://www.LYInstitute.org>

The Great Big Anthology of Laughter Exercises (printed book or downloadable E-book) 500 exercises, photo-illustrated; including Dr. Kataria's Foundation Exercises (with *large* pictures)

The Spiritual Connection between Hatha Yoga and Hasya (Laughter) Yoga 45-minute video on DVD, as presented at the 2009 American Laughter Yoga Conference

The Laughter Club - in Real Time

Teaching aid depicting two laughter clubs (one for Beginners, one for Advanced) filmed live in actual-time; 80-minute video with coaching from Jeffrey Briar.



Please befriend us and stay in touch on [facebook!](#)

We have pages as: [Jeffrey Briar](#) - [Laguna Laughter Club](#) - [Laughter Cruise](#) - [Gibberish](#)

A copy of the latest edition of this worldwide newsletter will be posted on our website at
<http://www.lyinstitute.org/newsletter.htm#worldwide>

Another worthy production from



The Laughter Yoga Institute



Innovation - Quality - Integrity

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