

Make Money Using Laughter Yoga Programs

By Jeffrey Briar, Director of the Laughter Yoga Institute, copyright 2008

The vision of the International Laughter Clubs movement is that there will be clubs all over the world where people can gather in friendship, peace and joy, without being excluded for lack of funds. Therefore leaders are encouraged to offer Laughter Clubs at no charge (or for shared expenses only). So how do we profit from our incredibly valuable leadership skills?

ADD Laughter Exercises to other things we love to do, and get paid to do them all!

Laughter leaders can use Laughter Yoga techniques in association with or in addition to other practices, and charge accordingly.

Here is a list of ways that some people have incorporated Laughter practices into income-generating programs. This is a vibrant and ever-expanding list! Please contact us with your experiences and to share ideas.

Ways to Share Laughter Yoga and Get Paid

1. Consultant to businesses, stores, and corporations. Use unconditional laughter to boost employee morale, reduce turnover, relieve stress, encourage teamwork, and encourage creativity.
2. Yoga plus: add Laughter practices to a traditional hatha yoga class to support good breathing practices and ease tension. Laughter is especially good before Final Relaxation.
3. Laughter Bus: 8 a.m. laugh session. Go to scenic roadside picnic spots, do two or three exercises at each. The bus has an audio system, so during the trip, everyone shares about themselves. Stop for lunch; tea. Bring business cards to share with the fascinated folks who see you at the stops!
4. Chambers of Commerce always wants speakers for luncheons or meetings; sometimes for pay, frequently makes for good connections to other companies that can use a Laughter Leader.
5. Laughter Doctor/Therapist: If you are qualified to call yourself a Therapist, add Therapeutic Laughter to your specialties).
6. Add Laughter for a "Stress Relief Break" for any intense coaching: golf, sports, studies.
7. Special Gatherings: Bar Mitzvah, Wedding, Bachelor Party, Bridal Shower -- be their "Laughter Blaster."

8. Laughter Cruise see:
<http://www.connectiontocruise.com/cruises/offerdetail.asp?priceid=658824&sid=11239>
9. Yacht Parties
10. Laughter Tour or Laughter Walk
11. Laughter Hikes: Have a picnic after hike, with a bonfire.
12. Sierra Club – laughing in the wilds of nature
13. Laughter Hayrides and Sleigh rides
14. Airlines
15. Wine Tasting
16. Icebreaker: Singles and Church Groups
17. Adult Care Homes
18. Charter Schools (most are required to have Physical Education programs)
19. Prisons and hospitals
20. Rehab/Treatment Centers; Health and Resort Spas; Gyms
21. Laughilates (Laffilates)
22. SoberVacations.com
23. Service Groups (Moose, Lions, Optimists, etc.)
24. Laughter Cam
25. Specialists' DVDs
26. "Laugh For The Cure" (Depression)
27. Personal Laughter Coach
28. Stress Relief for Students (help relax, better test scores)

The Laughter Yoga Institute has developed these suggestions. See more at <http://www.LYinstitute.org>.