

# Laughter Yoga

Laughter Yoga is a unique concept developed by Indian physician, Dr. Madan Kataria. It is fast sweeping the world and is truly a life changing experience. It combines laughter exercises with yoga breathing which brings more oxygen to the body and brain making one feel more energetic and healthy. The concept is based on a scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits. Safe, easy and scientifically proven, Laughter Yoga is a lot of fun. Started with just five people in 1995, today it is a global phenomenon with over 6000 clubs in 60 countries.

Scientific research shows that laughter can help resolve many major workplace issues. It reduces stress resulting in improved physical and mental health and quality of work, better communication, team building skills and interpersonal relationships. Results of Laughter Yoga programs introduced by many companies around the world indicate that employees become more committed and efficient and learn more easily. This is often reflected in increased sales, productivity and a more harmonious workplace.

## Vocabulary

Discuss the meaning of the following phrases and use them in the given sentences.

- laugh like a drain
- have the last laugh
- laugh your head off
- not know whether to laugh or cry
- laugh smth/smb out of court
- be a laugh a minute
- a belly laugh
- laugh in smb's face
- Don't make me laugh.

※テキスト全文はレッスン受講時に担当講師よりお受け取りください。