

## LAUGHTER YOGA SCRIPT

Laughter Yoga is a therapeutic practice that combines simulated laughter exercises with yogic breathing techniques to enhance physical and mental well-being. It combines laughter, breathing, and playful activities.

**Here are the steps of the Energy Flow® Laughter Yoga exercise:**

1. Find a quiet and comfortable place where you can engage in laughter yoga exercises.
2. Take a few deep breaths to relax and prepare for the exercise.
3. **Structured laughter:** Start clapping your hands while chanting "Ho, ho, ha, ha, ha!" rhythmically. You can also use variations like "Hee, hee, hoo, hoo!"
4. **Fake laughter:** Begin to fake laughter. You don't need a reason to laugh; just start laughing as if something is incredibly funny.
5. **Deep breathing:** After a few minutes of fake laughter, transition into deep breathing. Take a deep breath in through your nose and exhale fully through your mouth with a "ha" sound. Continue deep breathing for 1-2 minutes. This helps oxygenate your body and brings a sense of relaxation.
6. **Free laughter:** Allow yourself to laugh freely and fully, even if it feels forced at first. Laughter yoga often starts with fake laughter and eventually becomes genuine.

7. After completing the exercise, take a moment to notice your mood, energy levels, and emotional state.

**Reflection questions:**

1. How does chanting and laughing affect your mood?
2. What do you notice in your body as you laugh, even if it starts as fake laughter?
3. How do you feel after combining laughter with deep breathing?