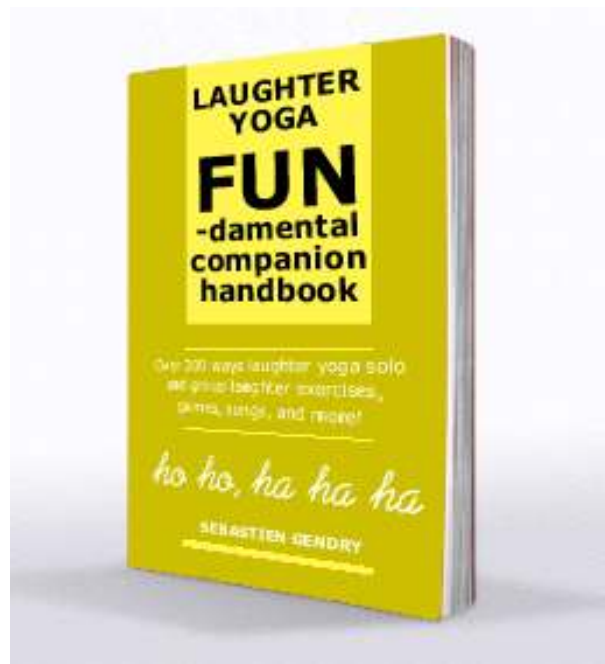


**Laughter Yoga FUNdamental  
Companion Handbook**  
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# One Free Chapter



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# CHAPTER ONE

## Warm Ups And Other Dynamic Laughter Exercises

The following exercises are intended for healthy individuals with no heart, balance or strength issues. They are designed to be practiced standing up, and can easily be adapted in a slower, less upbeat format for frail and/or chair-bound individuals.

Remember at all times: this method has no brain. Use your own. Respect your own limits!

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### **Alone Or In A Group**

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Technically all laughter exercises are best when practiced in a group (the more the merrier.) Nothing says, however, that you can't practice some on your own when there is no group around. The exercises in this section fall in that category. Do not hesitate (just for fun or by necessity) to arm yourself with just a little bit of imagination and playfulness (e.g. imagine that every object around you is a human you can interact with) and try them on your own! It's never quite the same and something is better than nothing.

### ***Balloon Blowing Olympics***

Very dynamically blow up an imaginary party balloon as if it was a sport and you were at the Olympics in that category. Laugh when done and wave goodbye to your balloon as if was whizzing away through the air.

### ***Bouncing Tiger Laughter***

(from "Winnie the Pooh") Put both hands together in front of your chest, elbows bent, and bounce around laughing.

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### ***Catwalk Laughter***

Walk and laugh like a top model on the catwalk at an international fashion show. Rotate your shoulders and hips, smile and/or wink trying to impress all as you walk around.

### ***Cheesecake Laughter***

Pick up an imaginary cheesecake off the floor and throw it into someone's face while they do the same to you. Laugh about it as if this was very funny indeed. Repeat several times (you must bend forward to pick up your cake each time!)

### ***Conductor Laughter***

Imagine you are a conductor and direct an imaginary orchestra as we all sing a laughter song (e.g. "Row Row Row Your Boat") in laughter language (everybody is directing, nobody is listening.)

### ***Dusting Laughter***

Dust an imaginary high shelf with both arms and laugh.

### ***Dynamic Laughter***

Dynamically chant "HO! HO! HA! HA!" gently forcing the air out of your lungs and pushing downward with both hands. Make sure you smile with your eyes as you do so! Stop and relax as soon as you start feeling dizzy.

### ***Electric Shock Laughter***

Imagine that everything you touch gives you a shock of static electricity. Jump backward and laugh each time it happens (make it happen a lot.)

### ***Energy 1-10***

Everyone in a big circle, squatting down. We will modulate our voice from very soft to very loud counting from 1 to 10, all together, moving up, with increasing energy level. 1 is hardly audible, 10 is as loud as possible, everyone standing straight, hands reaching up. It is important to watch each other, to ensure we're all at the same energy level. Also make sure that the increase in energy is nicely gradual (*do this once so that everybody is clear and understands this dynamic. Next time don't count, just laugh.*)

## ***Facial Warm Up***

Let's do a humongous-watermelon-slice speed-eating competition! There is a catch though: you have to spit out very bitter seeds every few seconds.

## ***Fall Down Dead Laughter***

Pretend you have been shot dead and over-dramatize the death. You can be 'poofed' by imagining that someone threw magic dust over you. You can also laugh yourself to death or to sleep.

## ***Figures Of Eight***

Stand up relaxed. Laugh throughout this exercise.

- Make an '8' movement with your left big toe, then your left foot, then whole left leg. Repeat with right toe/foot/leg.
- Repeat with left index finger, left hand, left lower arm, left arm. Repeat with right hand/finger/arm. Try both arms. In opposite directions.
- Make 8-shaped movements with your pelvis. Try horizontally and vertically. Try changing direction.
- Ditto for left shoulder, right shoulder, both shoulders. Ditto for your head.
- End exercise by making eights simultaneously with as many parts of your body as possible.

## ***Fire Walk Laughter***

Jump up and down and laugh as if you were doing the fire walk (walking on hot coals)

## ***Golf Laughter***

Swing an imaginary club making the extended sound "aeeeeeee", then laugh as you hit the ball straight and watch it fly as far as you can see.

## ***Hot Shower Laughter***

Jump up and down and laugh as if your shower water had suddenly become extremely hot.

## ***"I'm Late" Laughter***

You are very late! No time to say hello. Quickly wave to others with one hand as you laugh and run around.

### ***Ice Cube Down The Back Laughter***

Imagine that someone dropped an ice cube in back of your shirt and jump around at the unpleasant icy feeling, shaking your shirt and trying to get that ice cube out.

### ***Jack In The Box Laughter***

A Jack in the Box is a popular toy in the shape of a box with a rewindable spring. After winding it a few times the lid eventually bursts open and a toy on a spring jumps out and bounces up and down, usually scaring people as this is an unexpected outcome. Get the idea? Bend down and sit on your heels. With one hand “rewind” your spring grinning while saying “aeee, aeeeeee, aeeeeeeeeeeee” with each turn and then unexpectedly jump as high as you can and burst out laughing and letting your arms move around in an uncoordinated fashion. Go back down on your heels as your “spring” wears off. Repeat two or three times.

### ***Jackpot Laughter***

Invite all to come very close together because you want to tell them a secret. What the “secret” is, you have to decide and we suggest you make it something of no importance at all (my personal favorite is “Today is [today’s week day]”). Instruct the group to imagine that your secret is the best news they have heard in a long time, and immediately rejoice, cheer, give high fives, jump around and otherwise celebrate as soon as they hear it. Rejoicing at will over something insignificant or irrelevant highlights the point that life really has no meaning except that which we give it. Choose to be joyful!

### ***Pump Your Smile***

The idea here is to breathe and smile as you move and move as you breathe. In short: let your breath become your primary point of focus. Even if you can’t move much you can still breathe slower and deeper while imagining you are moving more. It is more entertaining if you imagine linking whatever joint you are rotating with an imaginary stick connected to the corners of your mouth: as you breathe in and go up, you smile. As you breathe out and go down, you either relax or frown. Play with your:

- Fingers / Wrists / Elbows / Shoulders
- Head
- Spine
- Hips
- Knees / Ankles / Toes

## ***Jumping Frog***

Squat down, hands on the floor between knees, jump once saying "ha", repeat two or three times, then jump in fast succession laughing

### **Ways To Be Creative**

Laugh saying ho, he, hu, hi instead of "ha"

## ***Jumping Monkey***

Imagine that you are a monkey jumping from tree to tree. Shout a loud "aeeeeeee", swing your arms back and forth and move around as if traveling from one branch to the next. Laugh and pound your chest each time you stop to rest on a tree.

## ***Kick Boxing Laughter***

Kick the air with your hands and feet laughing, as if fighting with an imaginary foe.

## ***Kick The Ball Laughter***

Imagine being a soccer player aiming to score a goal. Make a loud extended sound "aeeeee" as you swing one leg backward then laugh and rejoice as you kick the ball and score!

## ***Laughter Alphabet***

Draw the laughter alphabet in the air with either one or two hands. Let's start with "A" as in "hat":

Aaaaa ha ha ha ha ha

Next is "E" as in "hen":

Eeeee he he he he he

Next is "I" as in "hiccup"

iiii hi hi hi hi hi

Next is "I" as in "pie"

iiii hi hi hi hi hi

Next is "O" as in "Otto"

Ooooo ho ho ho ho ho

Last is "U" as in "soup"

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Uuuuu hu hu hu hu hu

Great! Now let's do the same thing again with one leg / our butt / our head / our elbows...

### ***Laughter Body Pat***

- Shake both hands for a few seconds
- Then clap both hands once
- Then pat your left arms chest and right arm laughing
- Shake both hands for a few seconds
- Then clap both hands once
- Repeat the same motion in reverse order
- Shake both hands for a few seconds
- Then clap both hands once
- Pat the front of your thigh down and up laughing
- Shake both hands for a few seconds
- Then clap both hands once
- Pat your buttocks and the back of your thigh laughing

### ***Laughter Engine***

Let's start our laughter engine! Put an imaginary key into the ignition (your forehead, your mouth, your belly-button...) and crank it in 4 powerful laughs. Move around and keep laughing once your engine is started. Ready? Go!

HA!

HA HA!

HA HA HA!

Ha ha ha ha ha ha ha ha...

### **Ways To Be Creative**

Think about how the following possibilities may impact on your laughter and your movements for this exercise:

- Drive your car with one / two eye(s) closed
- You are a giant and your engine is tiny
- You are a dwarf and your engine is giant

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## ***Laughter Hammer***

Use one hand to pound an imaginary piece of dough into your other hand chanting a powerful “HA!” Repeat slowly, then pick up in tempo. At some point switch hands and repeat.

## ***Laughter Pump***

Go up and down a few times making the sound “pshhhhhh” as if pumping a bicycle or car tire. Laugh after 5 pumps or so. Repeat a few times.

## ***Laughter Race***

Go down into imaginary starting position and simulate the beginning of a race chanting:

- Aeee! (hands and knees on the floor)
- Aeeeeeeeeeeeeee (hands on the floor, knees up in the air)
- HA! (do a fast stationary run and laugh)

## ***Lawnmower Laughter***

Let’s start an old gasoline engine lawnmower. Put one foot on the machine to hold it still and grab the pull cord. We are going to crank it in 4 powerful laughs. Move around and keep laughing once your engine is started. Ready? Go! HA! / HA HA! / HA HA HA! / Ha ha ha ha ha ha ha ha ha...

### **Ways To Be Creative**

Think about how the following possibilities may impact on your laughter and your movements for this exercise:

- You are a giant and your lawnmower is tiny
- You are a dwarf and your lawnmower is giant

## ***Merry Go Round Laughter***

Laugh as you ride an imaginary horse going up and down in a merry-go-round.

## ***Motorbike Laughter***

Hold your imaginary motorbike with both hands (she’s a heavy beast!) and start it with one leg in four powerful laugh. Ready? Go!

HA!

HA HA!

HA HA HA!

Ha ha ha ha ha ha ha ha ha...

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### **Ways To Be Creative**

Think about how the following possibilities may impact on your laughter and your movements for this exercise:

- Drive your motorbike with one / two eye(s) closed
- You are a giant and your motorbike is tiny
- You are a dwarf and your motorbike is giant

### ***Rodeo Laughter***

Sit on an imaginary wild horse and laugh as the beast tries to throw you off.

### ***Stand-up / Sit-Down Laughter***

Sit down on an imaginary chair making a straight face, then suddenly stand up straight and laugh. Repeat a few times.

### ***Sticky Paper Laughter***

- Part 1: Imagine a piece of paper suddenly got stuck to your hand. Shake your hand vigorously to try to get that thing off, laughing about it.
- Part 2: Somehow now you have a piece of sticky paper both on your hand and elbow as well. Shake both vigorously to try to get these off. Laugh about it.
- Part 3: Some people have a gift for showing up at the wrong time. Your boss just shows up and waves you hello. Wave back while still shaking your hand and elbow as if everything was normal.
- Part 4: You can include your hips, feet and knees in this exercise

### ***Stretch And Laugh***

The idea here is to breathe as you move and move as you breathe. In short: let your breath become your primary point of focus. Even if you can't move much you can still breathe slower and deeper while imagining you are moving more:

- Lift your arms up above your head, interlock your fingers, turn your palms up and stretch upward as you breathe in, and sideways as you breathe out. Repeat twice on both sides.
- Stretch your arms in front of you, elbows locked, fingers pointing down. Smile and breathe in as you point your fingers up and relax as you breathe out. Turn your hands around and repeat. Make a fist and repeat (elbows must stay locked.)
- Stretch your arms in front of you, elbows locked, fingers pointing down, palms facing away from you. With one hand laugh as you stretch each finger of the opposite hand. Repeat on both sides.

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- Try to reach the sky with one hand and the floor with the other as you breathe in. Smile only with the side of your mouth closest to the hand going up. Relax and repeat on the other side. Repeat twice on both sides.

### ***Trampoline Laughter***

Bounce and laugh as if you were on a trampoline.

### ***Treadmill Laughter***

Take a brisk walk on an imaginary treadmill chanting “Ho, Ho, Ha Ha” in synchronicity with your arm movements.

### ***Triathlon Laughter***

Laugh continuously as you run in place for one minute, simulated swimming for one minute, and simulate bicycling with your hands and feet for one minute.

### ***Vowel Movement Laughter***

Imagine being very constipated. Make a fist with both hands and hold them tight above your head, squeeze your knees tightly one against the other and come down as close to the 90° angle as you can, then repeat the following sounds and laugh:

- Uh uh uh uh uh!
- Ooo ooo ooo ooo ooo!
- Oh oh oh oh oh!
- Ah ah ah ah ah!
- Aye aye aye aye aye!
- Eee Eee Eee Eee Eee Eee!

Repeat 2 or 3 times

### ***Windmill Laughter***

Laugh as you swing your arms in opposite directions.

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## **Group Laughter Warm Ups**

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The exercises in this section are designed to be practiced with a group.

### ***Balloon-Popping Laughter***

2 laughing people try to pop each others' imaginary balloons that you imagine are attached to their ankles.

### ***Cheering Competition***

Split your group in two and have a cheering competition. Team one first. Team two next. Then all together at the same time.

### ***Four Up***

This exercise is very simple. We'll start sitting down. Anyone can stand up and laugh whenever he/she wants to, but you cannot remain standing more than 5 seconds at a time before you sit down again. You can get right up again if you want, and our objective as a group is to have exactly four people standing at all times.

### ***Popcorn Laughter***

Everyone finds themselves a nice spot, and squat down. Everyone is a piece of corn, the floor is a big pan, and we're going to make popcorn. We slowly start heating the pan; as the pan gets hotter, corn starts to 'pop'. You can 'pop' by jumping up, clapping hands above your head, and laughing for 2-3 seconds.

### ***Tag***

Just play tag. Excellent physical warm-up. Tell participants to take risks, see how close you can get/stay to the tagger without being caught.

### ***Turning Circle***

Everyone in a circle laughing. The circle starts running (slowly) clockwise. As soon as anybody shouts 'go', the circle changes direction, without anybody bumping into someone else.

## About The Author

Sebastien Gendry is the founder and director of the American School Of Laughter Yoga, the oldest and biggest provider of Laughter Yoga education in North America, currently serving the needs of people in 119 countries and territories. He was the first American to train as a Certified Laughter Yoga Teacher and played a major role in helping introduce Laughter Yoga in the USA. He was the first to introduce Laughter Yoga in Russia in 2008.

Sebastien hosts laughter retreats, motivational speaking, wellness programs and corporate services, among other programs. He has worked as a full-time motivational speaker and workshop leader since 2005. Sebastien also offers instructor courses for those interested in learning more about laughter yoga.

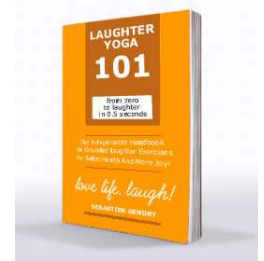


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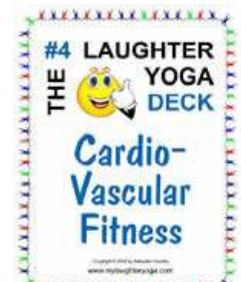
## Other Products By Sebastien Gendry

### Laughter Yoga 101: From Zero To Laughter In 0.5 Seconds

This is the 3rd edition (revised and significantly expanded) of a reference exercise manual that is a unique resource on Laughter Yoga and a must-have for anybody who wants to learn more about using laughter as a form of exercise, alone or in a group, and/or start a laughter club. It forms the core of the American School Of Laughter Yoga Certified Laughter Yoga Leader professional training (\$297 value) and includes summary pages you can refer to anytime to start and end group laughter sessions, tips & tricks of the laughter trade and more, much more. Buy it online at [www.laughangeles.com/store/](http://www.laughangeles.com/store/)



**Laughter Yoga Card Decks.** Now beginners, experts, and teachers alike can easily practice Laughter Yoga exercises anytime, anywhere. Each easy-to-use card gives detailed instructions. The 3 following card decks each include 16 popular laughter exercises of particular relevance to a particular population. They are purposefully sold as a downloadable product to keep their cost as low as possible. Price: \$4.95 USD. Buy them online at [www.laughangeles.com/store/](http://www.laughangeles.com/store/)



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