

Rise Like a Lion: Laughing Yoga *Start Your Morning*

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SUMMARY:	Some say laughter is the best medicine. We'll start the day with the practice of laughing yoga which encourages each of us to embrace child-like joy. - <i>Submitted by Briana Holtzman</i>
TOPIC(S):	Appreciation: How to create a culture of appreciation by focusing on different ways of expression.
LEARNING OBJECTIVE:	In this fully accessible practice, participants will learn about the history and practice of laughing yoga and the intersection of this practice and Jewish text.
AUDIENCE:	Anyone! Everyone!
TIMING:	60 minutes
APPENDICES:	Rise Like a Lion
MATERIALS NEEDED:	N/A
SET-UP DETAILS:	N/A

SESSION TIMELINE & OUTLINE:

0:00-0:05 Welcome & Introduction – History of Laughing Yoga

0:06-0:20 Laughing Yoga 101

A warm up to get the laughter flowing.

0:21-0:30 Rise Like a Lion Text Chevruta (Appendix 1)

0:31-0:50 Laughing Yoga 201

Animal stretches & Laughs

0:51-0:60 Cool Down

Welcome & Introduction:

Background of Laughing Yoga

Any form of laughter is successful, yours included. The only requisite for you to succeed in Laughter Yoga is to decide to laugh no matter what. You are doing it for yourself, not to impress others. You laugh with them, not at them. – Peter Davidson

Share Guidelines for Laughing Yoga



CORNERSTONE 2019 RESOURCE

Laughing Yoga 101:

Basic Body Laughs (X, XX, XXX)
Clapping + Very Good, Very Good, Yay!
Childlike Playfulness Exercises (Gibberish)

Rise Like a Lion Chevruta Text:

In groups of 2 or 3 consider the texts and discussion questions.

Laughing Yoga 201:

Animal Stretches
Animal Laughter

Cool Down:

Floor Laughter

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

If you want to learn more about the history of Laughing Yoga and how to lead exercises:

<https://www.wikihow.com/Do-Laughter-Yoga>