

Get Out Your Giggles: Laughing Yoga

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SUMMARY: In this session, we will get silly and activate our afternoon with the practice of laughing yoga, which encourages each of us to embrace child-like wonder and joy. Laughing Yoga is a lightly active practice for all people and does not require previous experience.

GOALS: Participants will learn about the background and science behind laughing yoga and will leave with tools to change their mood. Participants will experience the practice of laughing yoga. Participants will feel energized and activated to take on the rest of the day.

AUDIENCE: This works with any sized group and any age.

TIMING: 45 minutes

MATERIALS:

- Menu of Laughing Yoga Exercises
- Wireless speaker if available.

SET-UP: Laughing Yoga requires open space enough for participants to move around the space freely, to be able to all lie down, and ideally a space that is limited enough to be able to hear the facilitator.

SESSION TIMELINE

- 00:00-00:05 – *Welcome & Background of Laughing Yoga*
- 00:05-00:15 – *Warm Up Activity & Stretching*
- 00:15-00:35 – *Laughing Yoga Exercises*
- 00:35-00:45 – *Laughter Savasana, Closing Meditation, and Debrief*

SESSION OUTLINE

00:00-00:05 – Welcome & Background of Laughing Yoga

The session leader welcomes everyone and shares the background and science of laughing yoga.

00:05-00:15 – Warm Up Activity & Stretching

The session leader introduces many different stretches and core elements of Laughter Yoga including childlike wonder, breathwork, stretching, and clapping.

00:15-00:35 – Laughing Yoga Exercises

The session leader leads the group through several laughing yoga exercises based on their engagement and energy. Throughout this series of activities, participants will be instructed to notice and fill the space around them and to interact with each other.

00:35-00:45 – Laughter Savasana, Closing Meditation, and Debrief

The session leader will invite everyone to find a space to lie down where they are comfortable. Participants will take deep breaths and exhale with laughter. Following the laughter savasana, the session leader will share a guided meditation with the participants. If you have access to Bluetooth speakers or a sound system, this is a nice time to play a little soft relaxing music to change the mood. To conclude, the session leader will thank everyone for participating and ask for reflections on the experience.

BRINGING IT TO YOUR CAMP

There are a lot of resources for leading laughing yoga online! If you are interested in bringing this into your camp work, we encourage you to explore the online resources and videos to find exercises that work for your leadership style.