

Yogalaff.com
Healing thru Yogic Laughter



**A Hand Book
on
Laughter Yoga**



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www.yogalaff.com

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Laughter Yoga Keeps You Fit

Did you know that laughter yoga has direct and important health implications? Researchers have identified that those who do laughter and fitness yoga in combination, enjoy good mental and physical health. Fitness yoga takes care of your body and keeps it in the best of health while laughter yoga has the unique property to make you feel good and upbeat. This happens because laughter incites the brain to release a feel-good hormone that has an overall implication on your health. Practicing fitness yoga and laughter yoga on a daily basis, is one sure shot way to look good and feel great at all times.

Of late, there has been plenty of research done worldwide on the health benefits of the ancient Indian form of exercise and well being – Yoga. Eastern saints (or rishis) practiced yoga in all its forms to train their mind and body. They practiced meditation, cleansing exercises and endurance exercises that formed a part of **fitness yoga**, to achieve long, healthy and purposeful lives. Laughter yoga also formed a part of the ancient yogic exercises, but has caught on the fancy of modern people like no other.

Laughter yoga, also called hasya yoga or sometimes, laughter yoga has become popular in the modern world due to its immense benefits. Laughter yoga is an effective stress buster for people living in bustling cities. Usually, deadlines at work, pressures on performance and the material possessions one is judged by in society, all add to the stress and have an adverse effect on health. Stress can increase blood pressure, cause digestive problems, diabetes and heart problems. It also causes skin problems and hair fall in some. Laughter yoga is an easy and effective solution for stress and other health problems. There is nothing complicated about it and it can be done anywhere.

Today the benefits of laughter and **fitness yoga** are widely known. More and more people switch to yoga from other forms of exercise. It is not uncommon to see people in parks, laughing away in the early morning hours resounding with Ha-Ha-Ha. Although to an onlooker it may seem funny, for those who practice it, there's plenty to gain. Laughter yoga can help alleviate hypertension, heart problems, stomach ailments and diabetes. It makes you feel at peace with yourself and enhance positive vibes in your persona.


Your road to good health is now just a laugh away! Come learn more about laughter and **fitness yoga** at www.yogalaff.com.

Laughter Yoga-A Gym of Soul

Yoga, once practiced only in India and other eastern nations, is rapidly becoming popular in the United States. Of course, there are a number of detractors who refuse to believe in its curative powers, but they are far outnumbered by millions of others who have benefited from the practice of yoga and have made it the center of their physical and spiritual well being. There are a number of Yoga centers offering coaching in different yoga forms. Most of them offer classes for general health and well being of their patrons and there are some that offer classes to treat particular health issues. There are different yoga forms like Hatha Yoga, Ashtanga Yoga, Power Yoga, Iyengar Yoga, and several others. But all yoga forms without exception improve the general health of the practitioner.

Yogic forms lubricate the joints and tendons and ligaments and increase the flexibility of the body. Yoga is perhaps the only exercise technique that massages the body's internal organs including those that hardly ever get any stimulation. This stimulation spurs the body's immune system and strengthens it against diseases. One of the benefits of yoga is that it endows the practitioner with an uncanny sense of awareness that warns him/her against an impending health disorder. Yoga, by completely detoxifying the body, delays aging, increases energy, and bequeaths the person with a remarkable zest for life.

One of the easiest and most effective forms of yoga is Hasya yoga or **laughter yoga**. It's said that laughter is the best medicine and is considered to be nature's way of realizing pent up energy. A hearty laughter releases in the body a cocktail of hormones and chemicals. These hormones reduce negative emotions of stress and tension, lower high blood pressure, and boost the immune system. Laughter is the gentlest form of exercise. But when you practice laughter Yoga you will find every inch of your body vibrating with your laughter. One of the immediate benefits of laughter yoga is a clear breathing, which is especially beneficial for those suffering from asthma and other respiratory complications.



One of the most effective **stress management** therapies is laughter yoga. In Dr Kataria's Yogalaff (www.yogalaff.com), a typical laughter session consists of different laughter exercises, which help the individual discover an innate 'spark' within themselves, and this lets the laughter loose. **Laughter yoga** is a physical technique that utilizes a perfect combination of lighthearted, empowering, and tension-releasing laughter drills, followed by yogic breathing techniques, gentle stretching, rhythmic hand clapping, and chanting of the laughter mantra. The mantra of Ho Ho Ha Ha is chanted in unison. In laughter clubs, these exercises end with a powerful cool down laughter meditation, in which laughter flows out of the body like a river. Laughing Yoga has a number of health benefits and one of them is stress management. Visit us at www.yogalaff.com to laugh your way to a de-stressed life.

In Yogalaff (www.yogalaff.com), you will be taught **laughter yoga** by Dr Kataria. Dr. Kataria has helped countless people all over the world gain immensely from laughter yoga. Anyone can practice this yogic form irrespective of age and medical condition. But it's always best to practice it in a laughter class with other people. When practiced in a group, laughter becomes infectious and the exercise almost always leads to real laughter. Please visit www.yogalaff.com for any information regarding laughter yoga, **laughter therapy**.

Yoga-A Panacea

The word Yoga can be traced to its Sanskrit roots and it basically means to yoke together. Yoga is an assiduous practice of reaching a state of mind, which is an end in itself. Yoga helps in quieting the mind and increasing its inherent potential. When the mind becomes immune to outside influences, it allows the body to gain vigor or life force from nature. This strengthens the core of the body and enables it to expel all negative forces like diseases and illness. This is basically what is meant by Body Mind yoga. In this, the physical body works in perfect conjunction with the mind.

Patanjali, the father of yoga, embraced the eight life paths that provide a spiritual way to leading virtuous and healthy existence. The Body Mind yoga techniques of Patanjali enable the disciple to lead a virtuous existence. The “asanas” or postures adopted allow the body to surrender itself completely to the mind. This may sound a little esoteric to the Western mind, but the practical benefits of yoga are hidden to no one. Practicing yoga gives vitality and energy to the body and enables it to maximize its potential. The Body Mind yoga can heal a number of diseases and is rapidly becoming a part of mainstream Western medicinal practices. Moreover, yoga promotes greater self awareness, and allows the practitioner experience the beauty and depth of life. The **Body Mind yoga** helps in the emergence of spontaneous joy.

One of the most interesting yoga forms is Hasya Yoga or **laughter Yoga**. Laughter, the most addictive intoxicant, has several health benefits associated with it. It's a well known scientific fact that laughter results in the release of endorphins and neuropeptides, which bestows the person with a sense of well being. When you laugh, you tend to inhale more oxygen into your system that instantly charges the engine of your body. The founder of Yogalaff (www.yogalaff.com), Dr. Kataria was impressed by the struggle of an American journalist who overcame a degenerative disease by using the medicine of laughter. Laughter Yoga reduces stress levels and helps in muscle relaxation, easing several types of aches and pains. Laughter undoubtedly is the most inexpensive pain killer in the market.

Now you too can benefit from the curative powers of **Laughter yoga**, right here in New York. Along with Dr. Kataria, you will be trained by Vishwa Prakash, who is one of the leading trainers and has held coaching workshops in both Asia and USA. For further information on Hasya yoga or laughter yoga, meditation yoga visit us at www.yogalaff.com.

Yoga Is Medicine for Stress Management

Stress can be described as the physical body's reaction to an overpowering and overwhelming mental stimulus. Having to deal with difficult and challenging situations tend to overwhelm us. As our lives become more hectic and fast, stress levels too increase, resulting in several psychological and disorders. Stressful situations narrow one's ability to think clearly and work effectively. People with high blood pressure tend to emotionally crack up. Practicing yoga can help a lot in stress management and balances your nervous system. Yoga bequeaths you with a sense of calmness and gives you control over your life.

Dating back to over 5000 years, yoga is the oldest known practice of self empowerment through physical and spiritual practices. Developed in India, Yoga is traditionally an Oriental practice but has been gaining rapid acceptance and popularity in the West. In the USA, people experiencing the benefit of yoga have started incorporating it in stress management programs. Most corporations have recognized that workers who are relaxed and at peace with themselves are more efficient and creative. This is the reason why they have started sponsoring yoga fitness programs for both **stress management** and anger management.

Yoga has a number of benefits. The physical benefits from yoga are apparent enough but its practice also leads to psychological and spiritual harmony. One experiences stress reduction coupled with a sense of well-being and spirituality. Most asanas or poses can be done almost anywhere and the only accessory you need is a comfortable mat to sit on. **Meditation yoga** is one of these simple asanas, in which you need to sit in a quiet place, clearing your mind, focusing on your breathing, inhaling and exhaling deeply for ten to fifteen minutes. This can be a very effective stress management practice.

One of the most effective **stress management** therapies is laughter yoga. In Dr Kataria's Yogalaff (www.yogalaff.com), a typical laughter session consists of different laughter exercises, which help the individual discover an innate 'spark' within themselves, and this lets the laughter loose. **Laughteryoga** is a physical technique that utilizes a perfect combination of lighthearted, empowering, and tension-releasing laughter drills, followed by yogic breathing techniques, gentle stretching, rhythmic hand clapping, and chanting of the laughter mantra. The mantra of Ho Ho Ha Ha is chanted in unison. In laughter clubs, these exercises end with a powerful cool down laughter meditation, in which laughter flows out of the body like a river. Laughing Yoga has a number of health benefits and one of them is stress management. Visit us at www.yogalaff.com to laugh your way to a de-stressed life.

Yoga: A Way To Keep Your Body Fit

In our day to day fast paced life, we hardly get time to take proper care of our health. This causes a lot of ailment in our body like diabetes, blood pressure, stress and digestive disorder. We use to go to the doctor and take medicine to get well, but it often happens that the ailment resurfaces. It has been found that the medicines are not the permanent cure for these problems. It is yoga which can help you to get rid of these problems permanently. Yoga has been practiced for thousands of years and consists of ancient theories, observations and principles about the mind, spirit and body relationship. Maharshi patanjali is said to have propounded this yoga system.

Today, yoga is very popular among both men and women. Although yoga was once practiced mainly in the East, now there are many Western practitioners. Yoga has three main techniques. They are

Asanas or poses- The various yogic poses give your body flexibility and improve blood circulation.


Pranayama or breathing -Pranayama is actually a breathing technique which is an effective way to energize, harmonize and tranquillize the body, spirit and mind.

Meditation- Meditation is an important way in managing stress and it curtails overreaction, emotional outbursts and temper tantrums.

When these three techniques are done together in sync the health benefits to the mind, soul and body are tremendous. There are many types of yoga like iyengar, kundalini, bikram, ashtanga, power, hatha, kripalu, and sivanda.

Ashtanga Yoga (or eight-limbed yoga) came to be the authority on yogic practice. These eight limbs are to be practiced in sequence to achieve its spiritual end.

Bikram Yoga is a series of 26 postures, done inside a heated room.

A group of people, mostly women, are laughing and holding a white banner with orange text. They are in a room with colorful balloons and streamers. The background is slightly blurred, focusing on the people in the foreground.

Yoga is considered the best practice to eliminate stress. Different yogic practices like hath yoga and **laughter yoga** are thought to be the best cure for stress. In laughter yoga it is thought that, laughter fills your lungs and body with oxygen, deep-clears your breathing passages and exercises your lungs. Stress is reduced, blood pressure drops, depression is lifted, your immune system is boosted & more. At www.yogalaff.com you can get ample of information about laughter yoga and how it can help you in managing your stress.


Yoga brings us both physical and mental benefits. Physical benefits are toned and better built body with improved respiration and energy level. It also improves our metabolism and promotes better circulation of blood. Regular practice of yoga with meditation can help diverse ailments such as diabetes, blood pressure, digestive disorders, arthritis, arteriosclerosis, chronic fatigue, asthma, varicose veins and heart conditions. **Laughter yoga** serves as a good tool in removing stress and it also controls autonomic or involuntary functions like temperature, heartbeat and blood pressure. For more information, log on to www.yogalaff.com.

Laughter, Why It's So Good For Health

Did you know that according to research, children laugh about 400 times a day while adults only laugh about 15 times a day? Somehow we have lost the ability to laugh, as we grown older. Could it be that putting more humors and laughter into our day will improve our health and wellbeing? In an article written by Drs. Gael Crystal and Patrick Flanagan they stated that; "Scientists have found that laughter is a form of internal jogging that exercises the body and stimulates the release of beneficial brain neurotransmitters and hormones. Positive outlook and laughter is actually good for our health! More than ever, scientific evidence suggests that laughter really is one of the best medicines."

Our lack of laughing habit has resulted in sufferance of a lot of disease. Yoga has emerged as the best way to get rid of major ailment that we suffer in our day to day life. The result of scientific research on yoga is, there is a creation of balance in nervous and endocrine system which benefits all the other function of the body system. Yoga acts both as a curative and preventive therapy. The very essence of yoga lies in attaining mental peace, improved concentration powers, a relaxed state of living and harmony in relationships. Yoga has been practiced for thousands of years. It consists of ancient theories, observations and principles about the mind, spirit and body relationship. Maharshi patanjali is thought to be the profunder of this system. There are various types of yogas like Agni Yoga, Anahata Yoga, Anusara Yoga, Ashtanga Vinyasa Yoga, Bikram Yoga, Hatha yoga, and **laughter yoga**.

In this fast paced life we often suffer from problems like stress, hypertension and high blood pressure. For all these problems laughter yoga acts as the best medicine. Laughter Yoga (Hasya Yoga) is a physically oriented technique that uses a blend of playful ("tension-releasing") simple laughter exercise. **Laughter Yoga** is done as a way to improve health, increase well-being and promote peace in the world through personal transformation. It is non-religious, non-sectarian, and non-political. A typical Laughter Yoga session lasts about 20 to 30 minutes and it could be adapted to suit the needs, abilities and motivations of the group participating. .At www.yogalaff.com you can get ample of information about laughter yoga.



Taking into account the amount of stress that the people are going through these days, laughter yoga has become a necessity in our day to day life. So get out of the web of stress and live a happy and peaceful life with **laughter yoga**. For more information, log on to www.yogalaff.com.


Article on Healing Laughter

Laughter Yoga has been conferred with a number of pretty nicknames. Its original Sanskrit name is Haasya yoga, though in the US it's also known as laugh yoga, laughing yoga, and HaHa HoHo Yoga. Laughter yoga is, basically, a combination of simple tension releasing exercises and yogic breathing techniques.

Haasya Yoga can be described as healing laughter and is practiced in groups of ten to fifteen members. In Asia, laughter clubs have been in vogue since long and some cities had as many as 200 laughter clubs. In the Western countries, **laughter yoga** is rapidly gaining acceptance and quickly making its presence felt in health clubs and fitness centers. Even the doctors have started recommending healing laughter therapy to expedite the recovery process.

A session of healing laughter yoga lasts for approximately an hour. Participants are required to spend half the time laughing and then participate in yogic breathing drills followed by gentle stretching. Laughter has amazing side effects that are positive effects and some of them are almost immediate. Unlike other exercise forms like weight training, aerobics, and jogging, the effects of **laughter yoga** become apparent immediately after the first couple of classes. The person sees a marked improvement in appetite and those suffering from respiratory disorders find it easier to breathe. Deep hearty laughter oxygenates the blood and all vital organs, leaving us bubbling with energy. Laughing Yoga helps in reducing stress levels by 75 percent and enables us to overcome any negative emotion. Laughter helps in lowering high blood pressure. People suffering from depression have benefited a lot through healing laughter yoga. Practitioners of laughter yoga describe feeling immense joy and happiness after the sessions.

You too can benefit from the curative powers of **laughter yoga** by logging on to www.yogalaff.com. Founded by Dr. Kataria, Yogalaff has enabled countless people seeking relief from stress and other serious health ailments to lead a normal, healthy life.



Yogalaff also arranges sessions for corporate organizations and has organized a number of workshops for corporate employees. People working in multinationals lead highly stressful lives. In a typical healing laughter yoga session, Dr. Kataria engages these stressed out souls in a number of laughter activities, followed by breathing, gentle stretching, and joyful clapping exercises. Employers have realized that **laughter yoga** has made a huge difference to their organization. Employees are happier, more motivated, and a lot more efficient. If you too wish get back the joy of life, swallow the **laughter medicine** by logging on to www.yogalaff.com.

Laughter Yoga:HO, HO, HAH-HAH-HAH!

The science of Yoga originated from India and involves physical and mental practices that can be traced back to more than three thousand years. Yoga is popular all over the world today. It demands hard work from the students to learn yoga. Yoga is also called “sadhna” in India or a practice that improves ones mental growth and brings physical health too.

Introduction to Laughter Yoga

Among the different styles of Yoga, there is a fun part of it too, which is known as **laughter yoga** or ‘hasya’ yoga. It is said laughter is the best medicine and laughter yoga makes the best use of it. Laughter acts as a tonic for a tense mind and a stressed body.

Laughter yoga is traced back to the history of ‘yog’ in India, mainly practiced by the sages at that time. Today, laughter yoga is very popular in India. Every morning you can see the parks in the cities full of men and women sitting in groups and practicing Indian laughter yoga together. There are more than 5000 laughter medicine clubs all over the country, having millions of members.

To practice healing by **laughter yoga**, one first needs to sit on a comfortably laid mattress in an open area, say a garden. As this yoga is mostly practiced in groups, one can sit in lotus position in unison. Sitting in a calm position, you should normalize your breath and consciously start taking gentle breaths. Then place your hands (with palm upwards) on your knees. Afterwards, by inhaling, you should take the hands up in the air (side by side to your head) and laugh in rhythm (HO, HO, HAH-HAH-HAH! HO, HO, HAH-HAH-HAH! HO, HO, HAH-HAH-HAH) in a group.

When you practice laughter **meditation yoga** in a group, the simulated and artificial laughter will become real Indian laughter gradually. You can repeat the exercise by increasing and decreasing the speed of laughter. One session of laughter yoga may last about 20 to 30 minutes.

Advantages of laughter yoga

Healing Laughter yoga is **laughter medicine** which is not religious, or political but good for ones health. Laughter meditation yoga has a very good effect on the body and removes all negative energy vibes. It makes one independent from the mind and the thought processes relax for some time.

Indian laughter yoga is medicinal and healing. It makes you forget your fears, worries and limitations and makes you remember only the positives that life has to offer.

Stress Management

Stress is a very common word for everyone. But do we know really what stress is? Stress is a psychological problem. It has both physical as well as emotional effects and can have positive as well as negative impact on individual's body. Stress can occur due to various reasons such as threat, news, illness, danger, and even due to some significant changes in one's life like the death of a loved one. The positive side of stress is that it pushes a person to act, resulting in new awareness and an exciting new perspective. Unfortunately, the negative influence of stress can result in feelings of distrust, dejection, anger, and depression. This, in turn, can lead to several health problems such as headaches, insomnia, upset stomach, heart disease, rashes, ulcers, high blood pressure, and even strokes.

The increasing effect of stress has made several business organizations to start free **stress management** programs for its employees. The stress management consists of various techniques designated to equip a person in dealing with psychological stress. These techniques can reduce anxiety and help in stress relief. These techniques are self-understanding, self-management, conflict resolution, self-talk, positive attitude, exercise, meditation, autogenic training, breathing, diet, rest, and stress balls. These set of techniques help a person to overcome emotional problems, improve behavioral skills and emotional control. Proper management of time can also reduce stress. In more serious cases, hypnosis and self-hypnosis are some of the new therapies developed for relieving stress.

Even yoga is considered the best practice to eliminate stress. Different yogic practices like hath yoga and laughter yoga are thought to be the best cure for stress. In **laughter yoga** it is thought that, laughter fills your lungs and body with oxygen, deep-clears your breathing passages and exercises your lungs. This is really important for people who don't get regular aerobic exercise. When we laugh our bodies release a cocktail of hormones & chemicals that have startling positive effects on our system. Stress is reduced, blood pressure drops, depression is lifted, your immune system is boosted & more. At www.yogalaff.com you can get ample of information about laughter yoga and how it can help you in **stress management**.

Stress has become a part of our daily life. You can hardly find anyone who is not suffering from stress. To remove stress from your life stick to the most simple and natural medicine which do not even cost you a penny that is laughter yoga. For more information, log on to www.yogalaff.com.

An In-Depth Into Anger Management

Yoga is one those ways with which you can combat even the most chronic disease. Yoga has its origin in the ancient Indian tradition of ayurveda studies. It includes practicing of set exercises and the advice for its followers which is beneficial for the human body. Yoga has the capacity to keep the body, mind and soul fit. It is one of those scientific studies which have their record in ancient past but are still being used in the present times. Nowadays, with plenty of yoga practices one that is being used on a large scale is anger management.

Anger is one those human emotions that not only affects the mental balance of the person but actually brings him/her down to a verge of insanity if it reaches an aggressive scale. So, **anger management** becomes an important exercise of one's life. Laughter is the best way to combat immediate anger fits and surprisingly **laughter yoga** is one those important therapies used greatly for stress and anger management. The healing laughter is one that can breathe all the tension and anxiety out of your mind and relaxes your tensed nerves.

www.yogalaff.com has undertaken the mission of creating awareness among people about laughter therapy which is the best medicine for stress and anxiety. Laughter yoga is one of the introductions they have made, which is actually a series of yoga exercises undertaken to induce laughter. Such type of exercise surely works out in **anger management**. The thought might amaze but the hard core reality needs no proof that we all have forgotten to laugh hilariously as we are so much occupied in our work and tensions related to our work. To experience how laughter yoga works and what are the methods employed by the experts just have a quick look at the website www.yogalaff.com

We at yogalaff make use of **meditation yoga** and various yoga methods like ashtanga yoga to bring a balance in the moods and emotions of the person. Yogalaff was initially an idea which evolved in the mind of Dr. Kataria who got inspiration from the amazing example of Norman Cousins, who cured himself of the degenerative ailment with the help of laughter therapy. Dr. Kataria intended to use laughter therapy as he experimented on friends by narrating funny jokes but soon the collection of jokes ended and he went on to look for certain other methods until he found out hasya yoga on which the concept of laughter yoga is based. The therapy is working since then to cure many and help people combat stress. Not only that when it comes to anger management, is laughter yoga the best.

Body Mind Yoga For Healthy Living

Yoga is best known as a type of exercise system that stretches and strengthens the body through various poses called asanas. But yoga goes far beyond just a mere exercise routine. One of the most compelling reasons to begin practicing is the holistic outlook it takes — working mind, body, and spirit. Body mind yoga is a very diverse practice, no matter which school you choose. People young and old can gain many benefits from regular yoga practices, and asanas can be adjusted to fit physical limitations and other complications. No one is entirely sure when or where the practice of yoga was started. It's commonly believed to have originated in India.

There are many different schools of yoga, all of which have their own unique practices and philosophies. Below are five of the most common, however, schools and paths have been established with many different variations that aren't listed here. Some are even based on a particular instructor's habits and teachings, such as Bikram yoga. The more prominent types are: Bhakti Yoga, Hatha Yoga, Jnana Yoga, Karma Yoga and Kundalini Yoga. Almost all yoga types have their unique qualities.

Body mind yoga has multifarious benefits. It is considered therapeutic. Yoga has some major physiological, psychological and biochemical benefits. It helps you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stress. Yoga is anti-ageing, helps in improvement of mental health and development of personal and social values. It is also useful in improving strength, sexual life and reducing weight. **Body mind yoga** is energizing and strengthening. Not only does it enhance one's understanding of life, it changes an individual's perspective about life.

Another interesting type of **Body mind yoga** that has gained currency these days is Laughter yoga. It is a series of yogic exercises undertaken voluntarily, with the express purpose of inducing laughter. At www.yogalaff.com, professional yoga gurus teach you to great tips and techniques of breathing and yogic exercises. The group endeavors to spread mirth with playful laughter exercises. **Laughter yoga** emphasizes that the laughs must come straight from the heart as pure joy. It has been proven medically as a vital form of exercise that flushes our lungs with fresh oxygen, strengthens the immune system and boosts happy chemistry.

Anger Management For Healthy Life

Everyone should possess a healthy body because with it comes healthy mind and healthy spirit. So, it becomes very crucial to take care of your health which is a foundation of your healthy living. One of the barriers in the way of healthy living is anger. The reason behind anger could be any; it could be out of personal tensions or work pressure. But it is very necessary to work upon the anger so as to achieve a healthy mind and keep oneself fresh and energetic long life. Anger management is one of the effective ways to control anger which can be exercised through efficient exercises of Yoga.

Yoga is considered the best solution to overcome all the stress and tension.

Anger and Its Hazards


It is very straightforward fact that for a healthy living, it is required to control anger. Anger is generally considered to be a result of frustration. It badly affects the mental health as the mind stops thinking wisely, and which also gets reflected in the personality. So, it is very necessary to control the negative aspects and try to maintain a proper balance. If a person exercises anger management then he can easily control anger and can react wisely rather than getting tensed or angry. Here, **laughter yoga** plays a very vital role.

Importance of Yoga

Some of the benefits of yoga are as listed:

- It increases the flexibility in the body and makes you strong.
- It is the only source through which the whole body gets a massage.
- It helps to build a strong mind and tones all the muscles of the body.

Laughter yoga is one of the most effective exercises in working out anger management. We all know that laughing is the best medicine which not only tones up the body but mind as well. **Laughing yoga** helps to relieve all the stress and gives positive vibrations and energy to get away from all mental pressures. Pranayama is another useful exercise which is an exercise to control energy through breathing process.



If you also want to learn various effective means of **anger management**, then www.yogalaff.com is a right place for you to approach. Our company also conducts free workshops and training classes on the laughter therapy. We also organize laughter clubs for the people. For detailed information on anger management, **laughter yoga** and its benefits you can log on to www.yogalaff.com
