

Claire Powell

When you're with Claire Powell, you just have to laugh, seriously. Showing the world how to LaughAnyWay without needing jokes or a sense of humor, this practicing yogini, certified by Laughter Yoga International for over a decade and a half as a Laughter Yoga Leader and Teacher, promotes the vision of Yogic Laughter for better health, stress reduction, good fun, joy with inclusivity and a mission of achieving World Peace using Laughter, our universal language.

Since founding the still active San Jose Laughter Club in 2006, Claire has demonstrated to many organizations, various Community and Senior Centers, YMCAs, Corporations and High Schools, namely AAUW San Jose, Holocaust Survivors through Jewish Family Services of Silicon Valley, Northside Community Center, Silicon Valley Handicapables Group, Catholic Charities Long Term Care Ombudsmen Program, Thyroid Cancer Survivors' Association of South Silicon Valley, Peninsula Stroke Association, Central and Northwest YMCAs, Abbot Laboratories and Laguna Beach High School students that Laughter is a choice.

With a vision of "Laughter Laughter Everywhere", Claire became the first person to hold an International Aqua Laughter Leader Certification in the USA, introduced Laughter Yoga to the fitness industry winning Fitness Idol Competition with intentional Laughter Movement at SCW Fitness Education MANIA Conventions and has presented workshops both on land and in the water. She is a highly popular and featured speaker at regional Laughter Yoga conferences to Professional Laughter Colleagues in Northern and Southern California. Claire can be seen every week on KOFY TV's Dance Party, a local San Francisco television program promoting fitness and fun.