

Laughter Yoga provides a non-intellectual path to laughter. Cancer patients may be in emotional turmoil and become depressed, making it difficult for them to achieve laughter through intellectual stimuli like humor or comedy. Laughter yoga approaches laughter as a body exercise that can easily be done regardless of mood. This workshop is for cancer patients and caregivers. Laughter Yoga Leaders and Teachers who attend will learn how to tailor a Laughter Yoga session to cancer patients and caregivers.

Research shows that laughter positively impacts issues like stress, pain, blood pressure, and the immune system. Learn how Laughter Yoga can improve your mind, body, & spirit. Participants will learn the following objectives: 1. Identify three concepts of Laughter Yoga. 2. Identify three benefits of Laughter Yoga for one's physical and spiritual well-being. 3. Learn how to laugh in a group without jokes, humor and comedies. 4. Experience the multiple benefits of laughter on the body and mind. 5. Learn how to tailor a Laughter Yoga session to cancer patients.