

Carole Holcomb

Laughter Yoga Fun is the creation of Carole Holcomb. She became a Certified Laughter Yoga Leader in 2013, and in 2014, a Certified Teacher. Her goal back then was to lead one Laughter Yoga session a week with Seniors. When she realized the people she talked to did not know what Laughter Yoga was, her marketing background kicked in and in early 2014 Laughter Yoga Fun began.

Carole's goal was to show the many health benefits of laughter and to support Laughter Yoga Leaders and Teachers in the San Francisco Bay Area. The website Calendar page listed Bay Area sessions and trainings. In January 2023, Carole began making changes to the website in order to spread the benefit of laughter even further and support Laughter Yoga Leaders and Teachers, wherever they are.

In 2017, when she learned children's laughter begins to decline at an early age, she added a Children and Laughter page to the website and created the Laughter Yoga for Children card deck...tested by her great-grandchildren. In 2020 she created the Laughter Yoga Fun card deck for older children and adults to enjoy laughter and playfulness.

Over the years she has made presentations to nonprofits, organizations, businesses, and Seniors, about the health benefits of laughter, the playfulness of Laughter Yoga, and the importance of keeping our children laughing. Her email: info@laughteryogafun.com.