



Laughter Clubs Victoria Inc Newsletter

Issue 72

May 2010

Diary Dates:

- Laughter Club Federation Square
Sun 6/6
- Mind Body Spirit FESTIVAL
Fri 11/6
Sat 12/6
Sun 13/6
Mon 14/6
- Laughter Club Federation Square
Sun 4/7
- LCVI Laughter Leader Training Day
Sun 5/8
- 5th Australasian Laughter Yoga Conference
5-9 November

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MindBodySpiritFESTIVAL—LCVi on show

It's back ... the Mind Body Spirit FESTIVAL is about to happen again at the Exhibition Centre (often referred to as Jeff's Shed) .

Laughter Clubs Victoria have been invited back to run a laughter session, so... if you would like to gain free entry into the festival on each or every day the doors are open, then this is an invite for every one to join in if you would like to help put more laughter into the community.

LCVi will be on the main stage at the following times -

Fri 11/6 - 11:30am
Sat 12/6 - 2:00pm
Sun 13/6 - Midday
Mon 14/6 - 3:30pm

If you are able to give your time to be part of our fun and exciting half hour presentation, please call Phillipa on 5221 4266 or phillipa@laughterclubsvic.org



**A belly laugh
is just the
best fun and
its good for
your health**

is where you can email to put your name on the roster.

Our purple and yellow LCVi t-shirts look really good when we have lots of people on the stage.

And when our t-shirts are mingling with the audience that looks just as good too.

T-shirts will be available for sale on the day. Your help to have LCVi well represented each time would be fantastic.

LCVi wants to get the word out that laughter is for every one to enjoy and gain the benefits. So we are happy for our t-shirts to be worn by anyone.

Long weekend in June, the MindBodySpiritFESTIVAL Melbourne Exhibition Centre is the place to be.

Editorial

Since laughter clubs started in Victoria in 2002 thousands of people have experienced the pleasure of getting in touch with their inner child.

Members of laughter clubs in Victoria mainly meet on a weekly basis, mostly out doors, or at a facility that sees them move outdoors during their time together.

Stories abound of people who are not feeling their best on a particular day, arriving at their laughter club, sharing a morning of laughter, enjoying coffee and a chat afterwards, and returning home with a new found energy and ready to take on the world.

Many laughs report that

regular attendance is the way for them to feel well and put them on the pathway to enhanced well being that lasts for seven days till they meet again. and a definite boost to their lives.

If you agree with this thinking, invite someone to join you next time you go to your laughter club.

Club News

World Laughter Day was celebrated by many clubs around Victoria this year. Laughter Club Federation Square was the location for the LCVi World Laughter Day celebrations, as with previous years. A laughter session led by Mahes from LC South Yarra attracted many laughers, some of them from overseas, and some of them contributing several laughs to the morning.

Laughter Leader Julie from Laughter Club Haywood reports that the WLD celebrations at Port Fairy, which ran from late morning to mid afternoon, were supported by laughers from the region which includes laughter clubs at -

Camperdown—Sunday, 11:00 am at The Botanical Gardens

Cobden - Sunday, 12:00, Cobden Football Oval during school terms

Hamilton - Saturday, 9:30am, at H.I.R.L.

Portland - Wednesday, 10:15 am at the Fawthrop Community Centre.

Warrnambool - Saturday, 9:30am at Lake Pertobe (near the Mini-Golf.)

Laughter Club Myrtleford leader Kym helped celebrate WLD in West Albury by going on ABC radio in the a.m. and running a laughter session in the p.m.



World Laughter Day celebrations at Port Fairy

I moved from the country to the city with my work and didn't know a single person.

I came across a laughter club, joined and in a few weeks I had a new circle of friends .

I still laugh with five years later.

Margaret T.

Laughter Leader Training Workshop

LCVi runs their training days every three months. or email LCVi direct.

The full day training is the first step towards gaining a Laughter Yoga Leader Certificate.

The next one is to be held on **Sunday 15 August** in Altona.

To organise for a **flyer** and **registration form** to be sent out, contact Bronwyn 0421 335 197 or Phillipa 0418 521 265

Training people to become laughter leaders can only be offered by a person who has become a Certified Laughter Yoga Teacher through Dr Kataria's School of Laughter Yoga.

A number of Laughter Club Leaders around Victoria hold this qualification.

Kym from LC Myrtleford

5752 2258 on Sunday 30 May will be running a training workshop day in Myrtleford.

Carolyn from Eltham LC 9438 3123 runs training days in Mildura. Contact her for the May/June dates.

Julie from LC Heywood in SW Victoria 0418 106 375 runs training in that area.

Community Involvement

Warrantdye Laughter Leader Karin writes about a laughter session she ran at a recent Families Together Autism Forum.

"I found the whole experience inspiring by being involved with autistic children and carers who struggle with everyday expenses due to their children's health issues. It was a pleasure to provide a free service to this worthwhile organisation to bring joy into their lives. Many don't have that due to young children absconding, not being able to talk, and in general their caregivers not having an opportunity to have a good laugh and value themselves."

Laughter Ladies Letting Loose



Invitation to the Comic's Lounge

Every Monday night from now until June 28 the Comic's Lounge at 26 Errol Street North Melbourne (9348 9499) will be hosting Jimeoin who will be show casing his new Montreal Comedy Festival show.

All LCVi members and their family and friends are invited to go along to the Comic's Lounge.

If you'd like tickets then email comedy@the.comicslounge.com.au with your name and contact mobile number, which Monday night you'd like to attend and how many tickets you require and you will be sent an email with complimentary tickets to see Jimeoin Live.

When you book be sure

to mention you read about it in the LCV Newsletter.

If you'd like to go for dinner before the show the Comic's Lounge offer \$15 main courses from 7:00pm.

Thanks to Laughter Leader Carolyn for this offer being made to LCVi members.

Laugh
and
the
whole
world
laughs
with
you

Community Involvement (Cont'd.)



As with many service providers LCVi was able to provide a free service to help enhance the lives of those who don't see much joy in their lives. I presented in front of a group of 200 people and to see their

joy and appreciation will always stay in my heart. They are the unsung heroes who get limited funds from the government to deal with a very real issue of autism which is challenging.

On Compass on 3 May there was a program about autism and they focused on Warrnambool Laughing Club as 'James' who is autistic was drawn to them, as no jokes were required, just a good laugh.

The organisers were so appreciative that they got a free service as it was all about the carers and clients. I think one of the care workers is also looking to attend Laughter Club Williamstown in the future."

Ed. Note: Thanks Karin for sharing your thoughts after running the laughter session.

Share a laugh with LCVi Committee Members ... new regular feature

Who are you? Debbie Peters
Your role on the committee? Treasurer, Vice President and Public Officer

Your Club? Nunawading
How long have you been part of the club? I am an inaugural member - our club started in 2004

How did you become involved? I heard it mentioned on the radio a few times and once I had a pen, wrote down the LCVi number, rang it and here I am 6 years later. I'm a laughter-holic

Family? Yes, I have one of those but no one will come to the Laughter Club.

My Favourite Things ...

Childhood memory? Camping holidays on the foreshore at Ocean Grove and many other places



Book? I'm into Si Fi, Mystery, Adventure and the odd romance—I'm reading a Jeffrey Archer right now

Food? Dark Chocolate

Smell? Men's aftershave

TV Show? Dr Who

Cat or Dog? Dog.

Hobbies? Laughing, sleeping and gardening

Where would you like to be right now? Having a nap, preferably by the beach

What would you like to learn? How to meditate properly, I find it very difficult to quiet my mind and just be in the moment.

Passion? Chocolate or should I say sleeping, umm .. I just can't make up my mind!

What do you want to be remembered for? Nothing special; just a happy, loving and contented



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LAUGHTER CLUBS
are FREE and FUN



Laugh of the Month

Lotus Laugh

A circle is formed with all laughers holding hands. Everybody moves forward towards the centre as they enjoy a gentle laugh, lots of eye contact and happy smiles.

When the centre has been reached they move the circle back outwards, building up to a loud laugh as the circle is one again fully extended.

The circle moves forward towards the centre twice more with people laughing quietly as they move in looking at others in the circle.

The third time this is done, as the laughers move outwards, they raise their arms high and have an extended hearty laugh.

The last bout of laughter will often run for up to a minute or so, depending on the size of the group.

Why Hasya Yoga?

Yogic laughter, as Hasya Yoga is more commonly known, is the essence of a laughter club.

In the words of the founder of the worldwide laughter club movement, Dr Madan Kataria, "it combines Laughter Exercises, make believe Laughter and Yoga breathing (Pranayama), which turns into genuine laughter, when practised in a group."

At the start of a laughter club session participants will do a variety of stretching exercises, followed by deep breathing.

This helps to increase the supply of oxygen - we know breathing is the most important thing we can do in our life; indeed holding

your breath is the only thing in life you do not want to succeed



Ho Ho Ha Ha Ha

in. Laughter is the second most important thing.

Yogic laughter improves blood supply to the internal organs, it stimulates blood circulation, strengthens our respiratory system and ensures life energy

(Prana) throughout the body.

In a Laughter Club we begin laughing as a form of exercise and after we make eye contact with other people, it turns into real laughter.

The clapping activity between each of the laughs is mostly done slowly, to slow down our breathing, to make sure we are breathing from the abdomen rather than the chest.

Yogic laughter exercises are in the main designed to bring awareness of laughter into the belly.

Here's hoping Hasya Yoga gives you a big belly laugh.

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