



# Laughter Clubs Victoria Newsletter

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## LAUGHTER LESSENS THE LOAD

Now more than at any other time, laughter is an essential ingredient for all the community to inject into their lives. There have been numerous stories told since Black Saturday when laughter was the ingredient that held people together between their tears. One person at a laughter session at the New Life Festival held recently at Buxton was heard to say it was the first time she had been able to forget the fires and its aftermath for a few moments.

The fact that a community laughter club session is a free activity has been a wonderful boon for people who are experiencing difficulty with their finances in the current economical downturn. This is a good time to invite people to join in a weekly laugh and give them an outing that will be cost effective and give them a huge boost too. Coffee and a chat immediately after laughter club, particularly those that meet on a weekend, is often filled with as much laughter as they've had in the previous half or three quarters of an hour.

A number of clubs have younger people coming along each week for a good dose of laughter to put a smile on their faces. This is heartening because it is sad when we read articles in medical journals estimating that as many as 60,000 prescriptions are written each month for anti depressants for people under the age of twenty. Asking a younger person along to laughter club often brings a youthful energy into the group that spills over to all members.

Putting more laughter into the community happens when LCVi members in groups are involved at expos, festivals and special events. Even better, every time you share a laugh, you are helping to spread joy and happiness.

## CLUB NEWS

### **Warrandyte - Tuesday 2:00pm \*\*\* New Listing**

Warrandyte Neighbourhood House, 168 Yarra Street  
Leader: Karin 9844 1839

Laughter Leader Karin is one of our newest graduates from the LCVi Laughter Leader Training Workshops. She is really excited about the new club and wants everyone to spread the word about Laughter Club Warrandyte.

**Williamstown** Laughter Leader Josie and her husband Alistair became the proud parents of a son Bayley Michael on 6 April. Congratulations from all your LCVi friends.

## RECORD ATTEMPT

LAUGHERS ARE WANTED for an attempt at the most people laughing together in Federation Square at the one time.

It would be really great to hear hundreds, even thousands titter, chuckle, chortle, guffaw, roar, snort – whatever, in our record attempt.

We'd love to have YOU come along on the first Sunday in May and swell the crowds. Grab some friends and come along just before 11:00a.m. Look for the Laughter Clubs Victoria Inc banner, and members in their purple and yellow t-shirts, laughing out loud.

## **WORLD LAUGHTER DAY**

**Sunday 3 May 2005 at 11:00am**

**Federation Square, Cnr Swanston and Flinders Street, Melbourne**

**You're invited - bring your family and friends - have a great time**

**Come along and share in the laughs – whatever the weather**

**Join in a FREE 30minute Laughter Club Session**

**NO need to register - just turn up on the day**

**If you have any questions please email [info@laughterclubsvic.org](mailto:info@laughterclubsvic.org)**

**See you there!!!!**

## LAUGHTER YOGA LEADER WORKSHOP

**Q.** How do I become the leader of a laughter club and be part of Laughter Clubs Victoria Inc?

**A.** By attending an authorised Laughter Clubs Victoria Inc full-day workshop presented by Certified Laughter Yoga Teachers is the first requirement.

This interactive day gives you the basic start-up skills to start your own community laughter club. You are taken through a variety of ways to open and close a laughter club session, and will actively learn a variety of laughs.

Every attendee is asked to join in with his or her own ideas for these activities. Throughout the day there is time for the laughs to be written down in the manual that each participant receives.

The second requirement is to co-lead a laughter session with an LCVi certified community club laughter leader on a minimum of three occasions.

**Q.** When is the next laughter yoga leader workshop?

**A.** Sunday 24 May 2009 in the Melbourne suburb of Altona from 9:30am to 5:00pm

**Q.** Am I eligible to attend?

**A.** Yes. It's for anyone wanting to start a community laughter club or wanting to know more about laughter.

**Q.** How do I register?

**A.** Email [info@laughterclubsvic.org](mailto:info@laughterclubsvic.org) and ask for a registration form or ring Phillipa 0418 521265 or Bronwyn 0421 335197

### MARK YOUR CALENDAR

World Laughter Day: Sunday 3<sup>rd</sup> May (at Fed Square)

Laughter Yoga Leader Workshop: Sunday 24 May

MindBodySpirit FESTIVAL: 5,6,7,8 June

Visit of Dr Madan Kataria: Tuesday 30 June

Laughter Yoga Silence Retreat : 6-10 July

## GLOWING WORDS FROM GIGGLERS

"It's only been five weeks but already I feel so great going along to the Laughter Club. I really look forward to sharing a laugh with my laughter groupies, and I feel so much better afterwards. Sometimes I get really quite warm as we run around like big kids. When we go for coffee afterwards everyone is so friendly. I'll definitely try to be at the big one at Fed Square in May. Thanks heaps for organising them". Raylene

"I went along to South Yarra years ago when I was living there and learnt to laugh from Mahess. She was cool and the way she got us all to stretch and breath before we started laughing was relaxing. When I was on holidays in Sydney the lady running it was funny, and now I want to find a club near Frankston please". Annabelle

Editor's Note: We would love to have a leader start up in the area because a lot of people around there are looking for a club.

One of the joys of being involved with Laughter Clubs at an administrative level is receiving nice emails like the two above. People who have never heard about us and stumble on a laughter session are always pleased to have been able to join the fun. Many men and women have let me know that being part of a regular community laughter club has motivated them, encouraged improved relationships, and brought about amazing changes in their health and personal lives.

## NO MONEY LAUGH

This laugh is really helpful given the economic climate we are living in at the moment.

Put your hands inside your pockets, or if you don't have pockets, imagine you do, and pull them inside out and laugh. Walk around the group and show people that you can still laugh, as you shrug your shoulders while shaking your head from side to side.

In the words of Dr Madan Kataria, the Founder of the global laughter movement, "There will never be a recession in the world of Laughter Yoga and no taxes to pay on laughing...!!!"

HO HO HA HA HA HO HO HA HA HA HO HO HA HA HA HO HO HA HA HA HO HO HA HA HA HO HO HA

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