

**We have launched a new Laughter Yoga Business site with complete information, photos, videos and research data about the benefits of Laughter Yoga in the Companies and Corporations. Please click here to visit the New Site - <http://www.laughteryoga.org/corporate/>**

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## **Why Laughter Yoga in Business**

Due to too much stress the work place is become too serious. People think serious people are more responsible and more productive. This is not true. More productive people are those who take their work seriously but take themselves lightly.

Scientific research shows us that laughter can help to resolve workplace stress and many related issues, but until now there has been no reliable and effective system to deliver laughter. Humor was the only tool available, but it is not reliable and seldom leads to continuous hearty laughter.

Laughter Yoga is a breakthrough laughter delivery system that enables a person to laugh continuously for 15 to 20 minutes with short breaks of yogic breathing.

To get the scientifically proven benefits, laughter has to be:

- Hearty - coming from the belly( Diaphragm)
- It has to be extended for a longer period of time.

Natural laughter in daily life comes for barely a few seconds here and there which is not enough to bring about powerful physiological changes. But, Laughter Yoga is the ideal system in which laughter can be extended at will.

### **What is Laughter Yoga**

Laughter Yoga is a unique exercise routine developed by Indian physician Dr. Madan Kataria. According to this concept anyone can laugh for no reason, without relying on humor, jokes or comedy.

Laughter is simulated as an exercise in a group but with eye contact and childlike playfulness, it soon turns into real and contagious laughter. The reason we call it Laughter Yoga is because it combines laughter exercises with yoga breathing. This brings more oxygen to the body and the brain which makes one feel more energetic and healthy.

The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits.

This innovative concept has been widely accepted all over the world and has been written about in prestigious publications like TIME Magazine, National Geographic, Wall Street Journal, Los Angeles Times, Daily Telegraph (UK) and many others. Laughter clubs were also featured on Oprah Winfrey Show, BBC, CNN, ZDF (Germany), NHK (Japan), ABC news (USA) and other TV networks.

### **Corporate Benefits of Laughter**

Laughter Yoga which initially started as a social club movement has now entered the business world, where it provides companies and organizations powerful operational benefits.

Companies around the world are starting to introduce Laughter Yoga which includes a strong

team building element. Results indicate that employees in Laughter Yoga programs become more committed, learn more easily, improve their interpersonal skills, and that the workplace becomes a happier place. It is often reflected in increased sales, efficiency and productivity and an improved bottom line.

A one-year Laughter Yoga trial in a Danish IT company yielded the following results: The company's sales increased more than 25% in a highly competitive market while stress levels decreased by 75%. The program consisted of Laughter Yoga sessions daily for a week followed by weekly sessions for one year. All management and employees participated and stress levels were scientifically monitored.

### **The Unique features of Laughter Yoga are:**

- ANYONE can laugh and one does not need a sense of humor, jokes or comedies.
- One doesn't need to be happy in order to laugh because laughter is done as an exercise in a group.
- One can train the body and mind to laugh at will with regular practice.
- It is cost effective, less time consuming and scientifically proven.

### **Workplace Stress**

While there are many tools available for stress management, Laughter Yoga is a unique system that helps to reduce physical, mental and emotional stress at the same time. It works simultaneously both on body and mind.

It is scientifically proven, cost effective and less time-consuming. A research conducted in December 2006, on 50 IT professionals in Bangalore, India found a significant reduction in stress levels as shown by reduction in cortisol levels in saliva.

### **Improved Efficiency**

At a given time, the performance depends upon mood and Laughter Yoga has the power to change the mood state within minutes by releasing neuro-peptides from the brain cells called endorphins.

Science tells us that the brain needs 25% more oxygen than other body organs. Laughter Yoga increases the net supply of oxygen which helps in optimal performance and boosts energy levels.

### **Team Building**

“People who laugh together, work together”

John Cleese, a renowned British comedian, once said during his visit to Mumbai that Laughter is a great connector of people. It breaks all hierarchies and is a force for democracy.

Laughter Yoga has the ability to change the work environment drastically by making people happy and cheerful, bringing positive mental attitude, hope and optimism in the workforce. It also increases communication skills to help in teambuilding.

### **Leadership skills**

A good leader is the one who has the ability to effectively get in touch with his emotions and understand those of the others.

Laughter Yoga helps to connect with people in the workplace and bring an emotional balance. This is greatly helpful in achieving targets and accomplishing goals.

### **Innovation and Creativity**

The most creative people in the world are children. The essence of Laughter Yoga system is to cultivate childlike playfulness. This playfulness stimulates the right brain activity which is the seat of creativity. This helps to generate new ideas and new insights about workplace issues and problems.

### **Increasing Attention Span in HR Trainings**

Human brain cannot concentrate for more than 90 minutes after which the attention span

reduces. Even a 5-10 minute Laughter Yoga session can provide a great energy boost during long HR training sessions and conferences. It helps to increase the attention span, enhance learning skills, concentration powers and potential.

### **Positive Work Environment**

Job dissatisfaction and hostile work environment compel people to change jobs more frequently thus affecting productivity and profitability. Laughter Yoga creates positive energy and improves communication between people.

The Bangalore study also confirmed the increase in positive emotions and decrease in negative emotions, thereby developing an emotional intelligence. This helps to create a more constructive work environment and ensures loyalty and commitment.

### **Motivation and communication**

For people working in front office and sales and marketing, Laughter Yoga helps to bring a smile on their face and generate good feelings within the body. This enhances their communication and motivational skills thus increasing their client base and customer satisfaction.

### **Personal benefits for Employees**

If we talk about the work life balance of the employees, Laughter Yoga not only improves the quality and efficiency of their work, it also improves their quality of life. If people are happy in the company, they can make their customers happy.

### **Health benefits of Laughter Yoga**

The basic objective of every human being is to enjoy life, live in harmony with family and have lots of friends to connect with. But, one cannot enjoy life if one is sick. Laughter Yoga is a single exercise routine which brings physical, mental and social wellbeing in a shortest period of time. People can feel the benefits from the very first session.

Dr. Kataria says that in his 30 years of experience in medicine, the two most common causes of

ill health are wrong food habits and lack of exercise which leads to heart disease, hypertension, diabetes, and many stress related illnesses.

Business people are very busy and have no time to exercise. Dr. Williams Fry of Stanford University proved that 10 minutes of hearty laughter is equal to 30 minutes on the rowing machine. This is not in term of muscular movements but a cardio pulmonary endurance. The purpose of all aerobic exercises is to stimulate heart rate, increase blood circulation, supply oxygen and remove waste products.

### **Laughter Yoga is different from other forms of exercise**

Today business people are very busy and no time to exercise. Laughter yoga can be the easy way out if you don't have time to exercise. Laughter Yoga combines fun and easy aerobic exercise with physiological and emotional benefits and stress reduction for a unique wellbeing workout.

- It's fun & easy – no postures or skills to learn, no special clothes or equipment required – you are an expert from your first session.
- It provides a fast and powerful no-sweat cardiovascular workout.
- Stress levels quickly reduce by 75% or more and stay down as it helps builds stress resistant.
- Blood pressure drops, circulation improves and pulse rate drops.
- Lungs are well exercised and flushed of stale residual air – healthier deep breathing is learnt.
- Blood & major organs are fully oxygenated leaving one bursting with energy.
- Hearty laughter improves mood within minutes by releasing Endorphins that act as mood enhancers and natural pain killers.
- It lifts depression – even chronic depression may be cured.
- It boosts self-confidence, creativity and improves communication skills.

[Know more about Laughter Yoga](#)