

Benefits of more Laughter

Stress release,
natural anti-depressant,
elevated mood,
relaxed muscles,

strengthened immune system,
improved blood circulation,

higher oxygen levels, better concentration and focus,
lowered blood pressure, increased endorphin production,
quicker recovery from illnesses,

better looking skin,
dissolved energy blockages, increased readiness to smile or laugh,
improved communication skills,

better self-confidence, more radiance & enthusiasm...

Most importantly, a boost to the immune system, which is the master key for maintaining good health.

Laughter Yoga will help add more laughter to your life, develop a sense of humor as well as a readiness to smile. You will feel more self confident, have a positive outlook, hope and optimism. It will teach you how to keep your spirits high in the face of challenges. It promotes a positive mental attitude to help you cope with negative situations.

Laughter Yoga is a breakthrough laughter delivery system that changes your mood within minutes and if your mood is good, everything seems good and you are at your best everywhere



Laughter YOGA

Laughing makes you
HAPPY & HEALTHY

Did you know you can laugh even if you don't feel like laughing?

You don't need great sense of humor to laugh. You can laugh even if you're stressed or depressed. In fact, you can laugh for no reason – with Laughter Yoga.

Laughter YOGA is a unique concept where anyone can laugh without having to rely on jokes or funny situations. We initiate laughter as an exercise in a group. With eye contact it soon develops into a contagious laughter. It is a powerful cardio workout: in fact 10 minutes of hearty laughter is equal to 30 minutes on a rowing machine.

Anyone can do it; it is scientifically proven; easy to learn, and a lot of fun. People can feel the benefits right from the very first session.

Laughter is the best medicine. It decreases the negative effects of stress which is the root cause of illnesses. It releases blockages and brings more oxygen to body and brain which makes one feel more energetic and healthy.



Children laugh up to 300-400 times a day, which gradually decreases as they grow up. Living as adults in these stressful times of massive change there seem to be less and less things that still make us laugh.

In order to get the proven benefits of laughter, one should laugh for 15 minutes a day, hearty and loud. This is rarely possible as natural laughter is conditional and comes for few seconds here and there which is not enough to result in health benefits.

The concept of Laughter Yoga is based on the scientifically proven fact that the body cannot distinguish between fake and real laughter. If done with willingness one gets the same physiological and psychological benefits.



Dr. Ute Devika Meinel

is originally from Germany, was born in India, raised in the Middle East, lives in Egypt since 2000 and speaks Egyptian Arabic fluently. She obtained a PhD in Political Science from the Freie Universität in Berlin and began her career as a news agency journalist and correspondent in the region.

Later she worked for numerous organizations as consultant for communication as well as organizational development. This is how she discovered the importance of individual empowerment.

Ute Meinel is a Coach for Personal and Professional Development, certified by the Coaching Academy in London. Her diploma is approved by the International Coaching Federation. She is also a Coach for Self-Esteem Elevation for Children, certified by the Center for Personal Reinvention in the US, and offers special workshops for kids and youngsters.

At the same time Ute Meinel is a teacher of Laughter Yoga, which is an excellent combination with Life Coaching as it moves the energy in the body and releases blockages and stress. She was trained and certified by the founder of this fantastic movement, Dr. Madan Kataria, in India in 2011. She introduced Laughter Yoga to Egypt offering group sessions as well as one-on-one Laughter Yoga Coaching for individuals.

HISTORY

Laughter Yoga was started by the Indian physician Dr. Madan Kataria with just five people in a public park in Mumbai in 1995. Now there are thousands of laughter clubs in more than 70 countries.

www.LaughandThrive.com

email me ute@laughandthrive.com

follow me facebook.com/Laugh&Thrive

call me +2 010 187 59 553