

Wheel of Well-being

three-minute laughter yoga workout



Laughter yoga is a great combination of deep breathing and laughter exercises, that combine to oxygenate our bodies and brains, making us more energized and alert and mentally-relaxed.

Research is showing that as little as three minutes of physical exercise can improve mood and reduce stress - so no excuses about not having enough time!

Step 1: just relax

To start, just take a deep breath in and raise your arms above your head. Stretch up as if you're trying to touch the ceiling. Drop your arms down beside you with a big loud sigh. Repeat three times.

Step 2: practice laughing

Put your hands around your belly and make a deep 'HO, HO, HO' laugh – like you're imitating Santa Claus.

Now raise your hands to your chest area and open your heart region by making a hearty 'HA, HA, HA' laugh.

Finally, bring your hands up to your ears and make a high-pitched 'HEE, HEE, HEE' sound.

Finally, gently tap the top of your head and make your own personal laughing sound.

Try this a couple of times - speeding up a little each time.

(Feeling a bit silly? That's good! It might help to remind yourself that the original meaning of the word 'silly' was 'blessed'!)



Step 3: The Finale

Combine the 'HOHOHO', 'HAHAHA' and 'HEEHEEHEE' laughs with your own laughing sounds and instead of language, use laughter to pretend:

You've just won the lottery
You're eating very hot food
You're getting washed in a very cold shower
You're conducting an orchestra
You're having a conversation with someone who annoys you

(Move your body as much as you want – just remember to use laughs, not words!)

For some more laughter yoga inspiration, check out **"Want to make a group giggle?"** in WOW Your Community.

