



LAUGHTER Wellness

LAUGHTER WELLNESS INFORMATION PACK

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LAUGHTER SESSIONS

What happens in a laughter session?
How much is a session?



BOOK STACIE!

Find out how you can book this activity to uplift and energize your group, leaving them feeling amazing and invigorated.

Hyper THE CLOWN



WHO IS STACIE ASHLETT?

Meet Hyper the Clown, a professional children's entertainer passionate about bringing joy and laughter to kids of all ages. What sets Hyper apart from other entertainers is her heart and connection.

Stacie is a professional in the art of laughter therapy. With over six years of experience as a Laughter Yoga Teacher, Laughter Wellness Teacher, and Laughter Ambassador, she is a true expert in the field.

WHY SHOULD I LAUGH WITH HYPER?

Stacie discovered the power of laughter during her first humanitarian clown trip to India, where she attended her first Laughter Yoga session. Since then, she has participated in multiple laughter sessions led by renowned physician and clown, Patch Adams, on trips to Morocco and Costa Rica.

These sessions' positive impact on her inspired Stacie to become a Laughter Yoga teacher. In 2015, she travelled to India to study under Laughter Yoga's founder, Dr. Madan Kataria. The following year, she expanded her expertise by becoming a certified Laughter Wellness Teacher through a program led by Sydney's Laughter Guru, Connie Costa. This program incorporated additional techniques for promoting positivity and playfulness.

SKYPE LAUGHTER CLUB

In 2016, Stacie co-founded the Skype Laughter Club Australia in partnership with Dr. Madan Kataria, the founder of Laughter Yoga. She successfully managed and led 10-20 minute Laughter Yoga sessions on a daily basis for a period of three years. In 2019, she passed on the responsibility to a highly qualified and experienced Laughter Yoga instructor.

With her training and expertise as a Laughter Yoga and Laughter Wellness teacher, Stacie has successfully brought the benefits of laughter to a diverse range of individuals and groups across the world. These include adults and children in prison, orphanages, schools, gypsy villages, nursing homes, detention centres, and local businesses, as well as members of the community.

Through her workshops, Stacie has witnessed firsthand the transformative power of laughter in promoting healing and happiness among her clients.



**Dr. Madan Kataria, Stacie and Madhuri
(Stacie with the founders of Laughter Yoga)**

WHAT IS LAUGHTER WELLNESS?



Laughter Yoga combines laughter exercises with yoga breathing techniques (Pranayama) which brings more oxygen to our body and brain, making us feel more energetic and healthy.

The concept of Laughter Yoga is based on the scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits. Laughter Yoga is for everyone, especially adults!

WHY LAUGHTER YOGA?

For individuals, Laughter Yoga positively influences:

- emotional health
- physical health
- mental health
- spiritual wellbeing
- social wellbeing

For businesses, Laughter Yoga improves:

- morale
- attitude
- productivity
- purpose
- relationships



HISTORY OF LAUGHTER YOGA

Laughter Yoga was created by Dr Madan Kataria, a Medical Doctor from India. He was researching the topic 'Laughter is the Best Medicine' and decided to put the idea into practice. The first laughter club took place in a park on the 13th of March, 1995. It involved five members, including Dr Madan Kataria and his wife Madhuri Kataria, a yoga teacher, who incorporated yogic breathing into the process. Laughter yoga is now practised around the world.

4 REASONS TO LOVE LAUGHTER WELLNESS

1. REDUCES STRESS

Laughter and deep breathing exercises lower cortisol 'stress hormone' levels in the body. They activate the body's parasympathetic nervous system, making us feel calmer and more relaxed. We can't feel stressed whilst we're laughing.

2. BOOSTS MOOD

Laughter releases endorphins, which are natural feel-good hormones and natural pain killers.

3. STRENGTHENS THE IMMUNE SYSTEM

Laughter and diaphragmatic breathing boost the lymphatic system, an important part of the immune system and produce more immune cells, maintaining the health and wellbeing of the body.

4. ENHANCES RELATIONSHIPS

Laughter creates positive energy in the body, which makes us feel good. When we feel good, it can be felt by the people around us. It has a ripple effect. Smiles and genuine laughter signal safety and wellbeing and can make people feel comfortable and more relaxed. This creates more positive environments. People bond through the display of positive emotions



“Stacie came to our programs staff inservice and worked with 25 staff who work in community service delivery. She was able to engage the audience and the ability to laugh together and understand the benefits of laughter, was great for team building!”



-Jessica Watkinson

YMCA, Darwin

GROUP LAUGHTER



A typical Laughter Wellness session involves:

- An introduction to the benefits of laughter to provide context and help participants get the most out of the session.
- A laughter workout that combines interactive clapping, breathing, affirming, and laughter exercises to increase energy levels and create a positive mindset.
- Laughter meditation, where participants will participate in free-flow belly laughter, which can be a powerful and cathartic experience.
- Grounding exercises to guide participants through relaxation, to ground the energy of laughter and restore a sense of balance.
- A wrap-up discussion where participants can share their thoughts, comments, and feelings about their Laughter Wellness experience, as well as any takeaways they can implement in the future.

Stacie's Laughter Workshops provide a unique opportunity for community groups and team members in the workplace to explore the benefits of laughter and positive energy.

These workshops are designed to help participants feel the power of laughter for themselves and learn tools that can be applied in their daily lives, both at work and home.

Stacie's interactive and practical approach to team building creates a safe space for group members to connect and bond through laughter. Laughter has been shown to enhance feelings of connection and sharing it in the present moment creates a pure human-to-human exchange.

During the workshop, Stacie will lead laughter exercises and activities that help create and sustain positive energy, leading to deeper connections among participants.

The positive effects of laughter and positive energy have a ripple effect, not only on individuals but on the entire group.





“A great session using laughter to release endorphins was experienced by staff. It was side splitting, enjoyable, challenging for some but totally hit the nail on the head for our Staff Wellbeing Professional Learning Day, thank you.”



-Gail Smith

Principal , Roseberry Primary School

HOW MUCH DOES A LAUGHTER SESSION COST?

GROUP LAUGHTER FOR THE WORKPLACE OR COMMUNITY

Improve your team's well-being and boost productivity with Laughter Wellness sessions led by Hyper the Clown. Starting at just \$200, sessions can be tailored to fit the specific needs of your group and can range from a minimum of 40 minutes to 2 hours in length. Regular sessions are also available at a discounted rate.

Each session includes a comprehensive explanation of the benefits of laughter, breathing exercises, positive affirmations, playful activities, and laughter exercises. Reach out to Stacie today to discuss your group size and desired outcomes and to customize your Laughter Wellness experience.

LAUGHTER CONFERENCE SPEAKER

Bring energy and positivity to your conference with a dynamic 20-minute keynote on the power of laughter. Kick off your event or break up the afternoon with a burst of laughter that will have your audience engaged, energized, and in good spirits. Experience the joy of a laughter-filled room and its benefits to individuals and teams.

Prices start at \$300.



"We did an amazing Laughing Yoga zoom session with Stacie at work! It was definitely the pick me up we needed in lockdown and gave our team all a good belly laugh :)"



-Gabby Dunn

Marketing Coordinator at Flora & Fauna

BOOKING YOUR SESSION!

STEP-BY-STEP INSTRUCTIONS FOR BOOKING A LAUGHTER SESSION:

- Decide your desired date and time you would like to have a laughter session.
- Fill out Hyper's contact form on her website or give her a call to check availability.
- Act quickly to secure your desired date, as Hyper's schedule fills up fast.
- If Hyper is available on the date and time you have requested, she will send you a link to fill out an online booking form.
- Complete the form and agree to the terms and conditions.
- Hyper will send you an invoice for the event.
- Make sure to pay the invoice to secure your booking!

CANCELLATION POLICY:

Once you have filled out the booking form, you will receive a confirmation email.
Should you need to cancel your booking, the fee is as follows:

**Full payment required if
cancelling less than 2 weeks
before the party**

**In the event of illness, foul weather
or such unpreventable events,
including Covid, transfer of the
date (wherever possible) is
permissible.**

LET HYPER KNOW IF YOU HAVE ANY QUESTIONS!

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Stacie Ashlett



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MORE ABOUT LAUGHTER

- **Laughter builds self-confidence**
- **Laughter puts us in control of our own emotions.**

It helps us cope with challenges and conflicts better because it gives us a better perspective. It shrinks the hurts of everyday life to a smaller, if not inconsequential size. It allows us to stand above an issue, acknowledge it, and treat it lightly in the awareness that we are touched by the issue but not contained by it. If we are able to laugh about serious things, they simply can't be that huge.

Any form of laughter is successful, yours included. The only requisite for you to succeed in Laughter Yoga is to decide to laugh no matter what. You are doing it for yourself, not to impress others. You laugh with them, not at them.

Laughter makes us feel safer and eases much of our awkwardness.

Laughter puts anxiety on the back burner for everyone. We can't laugh and worry at the same time. When we release anxiety (a product of the mind) through laughter, our love (the nature of our heart) surges to the surface and we are able to experience and enjoy it fully.

When we laugh with others, we ourselves are fun, and we provide good company. Regular doses of laughter and play also take the work out of staying in love for a lifetime.

Laughing for no reason makes us more likeable because it minimises our need to gain self-confidence by analyzing and judging other people.

When we laugh with others, criticism seems to collapse. We are able to let them be themselves and enjoy them even more for that. Laughter is an important social skill that keeps communication fun.

Laughter interrupts the power struggle. It is really hard to lock down in conflict with someone when you are laughing. When people enter a power struggle and let playfulness drop by the wayside, they lose touch with their laughter, and their trust in life and others.

Laughter allows people to be more open with each other because it creates safety, and issues don't seem as awesome.

Laughter breaks down the instinctive barriers between people and allows them to trust each other. The fears most of us have about other people are rooted in the past. We lose them when we laugh and fully experience the present.

Laughter Yoga is a pathway to unconditional love. Loving with the mind is a two-way street (I love / I hate and everything in between). Loving with the heart is only a one-way street: I love, I love, I love. Also, the bonding qualities of laughter allow us to feel such emotional closeness that we want to be physically and spiritually close as well. It is something deeper than just biology. It is a part of the mystery of laughter that we have yet to solve.

PHYSICAL BENEFITS

Feel-good hormones

Laughing leads to the release of endorphins, a self-manufactured natural opiate that has been scientifically shown to carry messages of attachment and bonding (the scientific terms for love), and to stimulate feelings of caring and forgiveness in addition to acting as a natural painkiller. Endorphins create a positive state of mind and boost optimism, self-confidence and feelings of self-worth.

Blood & all major organs are fully oxygenated leaving us bursting with energy. Lloyd (Journal of General Psychology, 1983) showed that laughter is a combination of deep inhalation and full exhalation, inspiring excellent ventilation, wonderful rest and profound release. Increased circulation helps flush the organs of waste products, helping us to operate at peak performance.

Our lymphatic system is massaged and our immune systems are boosted. Laughter causes an "internal jogging" that massages the internal organs and promotes circulation to the digestive and lymphatic systems.

Strengthens the immune system.

Laughter deepens the breath, which is shown to increase lymphatic flow, which is already thoroughly documented and proven to boost the immune system with fast increases in levels of anti-viral and anti-infection cells (including the so-called "natural-killer" cells which help fight cancer). Laughter also increases the levels of immunoglobulin, the first line of defence protecting us against viral infections such as coughs and colds. Immune, digestive & sexual systems that are switched off by stress are switched on.

Promotes cardiovascular health.

Blood pressure drops and pulse rate drops after a big laugh.

Anti-aging formula.

Many older Laughter Yoga practitioners claim that the facial exercise of laughter reduces wrinkles and sagging by firming and toning facial muscles, making them look (and if anything else "feel") younger. Overall exercise is known to slow down the aging process and Laughter Yoga is a fun and easy exercise for all age groups.

Catharsis.

By enhancing the free flow of emotions, laughter can help dislodge blocked emotions stored in the body. Suppressed or blocked emotions can cause ongoing physical, mental and emotional problems. Their release can be life-changing. Laughter provides an excellent non-violent method for emotional release and catharsis.

WHOLISTIC BENEFITS

Laughter makes it easier to cope with life and its challenges.

Laughter puts us intensely in the moment. The ability to fully live and experience the “now” is of utmost importance because it is the only moment where we can experience happiness.

People who laugh don't worry as much as people who don't laugh, and as such enjoy life more. Laughter makes their circumstances seem less serious and therefore tolerable. A playful approach to everyday things is a key factor in keeping healthy. Daily chores are less burdensome when we laugh while doing them. We aren't always having fun, but we do have a lot more fun with laughter than without.

Improved emotional intelligence. In children, social play is critical to the development of social skills and emotional intelligence. Restricted play results in deficient social skills, leading to lifelong physical, mental, emotional and social problems. Laughter promotes childlike playful behaviour. New research shows that playful adults continue to learn social skills and improve their emotional intelligence.

Laughter makes us feel good because it defuses three of the most painful emotions (fear, anger and boredom) by releasing them. That release, in turn, prevents or stops conflicts, eases tension, and helps people to see one another's point of view better.

Laughter lifts us up and makes life worth living. You experience that elusive state of being called relaxation. It makes us stress less and enjoy the company of other people more.

Laughter Yoga aims to develop joyfulness, not happiness. In contrast to “happiness”, “joyfulness” is the unconditional commitment to have fun despite all of the possible problems we face. Joyfulness is primarily a physical phenomenon. “You fake it until you get it”. The decision may come from the brain, but the process is physical. Because the body and the mind are so closely interconnected, when you “do good” you “feel good”. “Motion Creates Emotion”. Being joyful / “doing good” actually changes the body chemistry and fosters a healthier state of being.