



Laughter Exercises: The Great Big Anthology: Five Hundred Laughter Practices for Health, Fun and Friendship (Paperback)

By Jeffrey Briar

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Laugh abundantly, without needing jokes nor comedy. These exercises are designed for Laughter Yoga sessions, and also work as improv games and to boost creativity. Part 1 consists of the exercises prescribed by Dr. Madan Kataria, creator of Laughter Yoga, each with a full-page photo illustration. Part 2 has 450 more laughter exercises described in text, many with photos. Chapters advise how to: lead laughter exercises, create new exercises, structure a laughter session and choose the best for your group. Profusely photo-illustrated (black-and-white). This is an updated version of our title The Great Big Anthology of Laughter Exercises (2011). This version has more exercises as added by Dr. Kataria in 2015. The profuse photo-illustrations are now in black-and-white.



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Reviews

A fresh e book with a new viewpoint. It is among the most awesome ebook we have read through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Prof. Christelle Stark III

This is the very best publication i have got go through until now. I am quite late in start reading this one, but better then never. I discovered this pdf from my dad and i encouraged this book to understand.

-- Casimer McGlynn