



Laughter Yoga is a unique exercise routine developed by the founder Dr. Kataria himself. It is a powerful cardio workout; in fact 10 minutes of hearty laughter is equal to 30 minutes on a rowing machine. Come discover how a single exercise can deal with you physically, mentally and emotionally all at once!



SPEAKERS

A team of certified and experienced Laughter Yoga Teachers and Leaders will be leading this highly practical session.

Be sure to dress comfortably, bring your water tumbler with you to avoid dehydrated and a towel too! Yes, we are doing exercise and get ready to sweat and have lots of FUN!!



TOPIC : LIVE, LOVE, LEARN WITH LAUGHTER YOGA

Jokes don't have to be funny to make people laugh. And good news for folks with tickets to a comedy show: vigorously laughing even when there's nothing particularly amusing may be good for your health.

Of all the absurdly silly things human beings do, laughing were going to be loaded with behavioral software that would cause them to convulse, pant and emit loud whooping noises when amused or touched in particular ways. they would probably have held Human 2.0. But the fact is, laughing makes a lot of sense.

What else can so enjoyably exercise the heart, boost the mood and increase health? What else can serve so well as both a social signal and a conversational lubricant? What else can bond parents to children, siblings to one another and teach powerful lessons about staying alive in a tooth-and-claw world? Laughter may seem like little than evolution's whoopee cushion, but if scientists studying it are right, we owe it an awful lot of thanks for some surprisingly serious things.

15th March 2014 (Saturday)

4.00 pm - 6.00 pm

Venue :

Malaysian Association For The Blind,
Brickfields.



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