

Message from Dr. Madan Kataria

Celebrating World Laughter Day

May 7, 2017 (Sunday)

PRESS RELEASE

Dear Laughter Friends,

Every first Sunday of May we celebrate World Laughter Day. Started in 1995, Laughter Yoga movement has spread across 106 countries with thousands of free social Laughter Clubs. Our mission is Health, Happiness and World Peace through Laughter and the formula to achieve this is very simple. If people are happy and healthy, they will contribute to world peace.

On this day, Laughter Club members and their friends and families get together in important squares and public parks to laugh together for world peace.



TALKING ABOUT HEALTH

Laughter Yoga is simple, cost effective exercise to reduce stress, strengthen the immune system and oxygenate each and every cell of your body. If you laugh every day, you will not fall sick easily and if you have chronic health issues, you will heal faster.

ABOUT HAPPINESS

Why people are not happy because they look for happiness in the outer world. We cannot change the outside circumstances in a day, but what we can do is to change the way we feel inside. This inner change is the key to see the change in the outer world. Laughter Yoga has taught us that the easiest way to be happy is to find happiness within us by laughing for no reason. Our slogan is – **“We don’t laugh because we are happy; we are happy because we laugh.”**

WORLD PEACE THROUGH LAUGHTER

Laughter is a universal language we all speak. By setting up free social Laughter Clubs all over the world we are creating a worldwide community of healthy and happy people from different countries and cultures to become like an extended family. To bring the whole Laughter community together, for the first time this year, from 23 – 25 June, 2017, there will be a global Laughter Yoga conference in Germany.

In order to bring peace in this world let us all stand for a minute and laugh heartily with our arms pointing skywards and send out positive vibration, love and peace into this world.

Dr. Madan Kataria

Founder Laughter Yoga Clubs Movement
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