



Benefits of Laughter Yoga

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Survive&Thrive
SYMPOSIUM

Laughter Yoga Could Help...

- Unwind stress by reducing stress-related hormone and peptide levels.
- Release endorphins.
- Boost the immune system.
- Provide a cardio and mid-body workout—the heart rate increase in one minute of hearty workout can take ten minutes to achieve on exercise machines, rowing, or jogging.
- Increase Circulation—internal massage and circulation to the digestive and lymphatic system.
- Improve Emotional Intelligence—playful adults continue to learn social skills and improve the social intelligence.
- Provide Psychological Release—dislodge blocked emotions stuck in the body in a non-violent way.
- Improve Social Connection—each time we establish eye contact with people who are laughing, our mirror neurons add their laughter experience to our own.

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