

TRAIN WITH THE MASTER!

DR MADAN KATARIA

LIVE! IN KUALA LUMPUR

April 1, 2008 * 10am – 12pm, Eastin Hotel, P.Jaya

What **LAUGHTER YOGA** Can Do for You & Your Business!

Laughter is the Best Medicine Humans were designed to laugh. Laughter is nature's stress-buster. It lifts our spirits with a happy high that makes us feel good and improves our behavior towards others.

Just a few generations ago happy healthy humans spent 20 minutes a day or more in laughter. Now adult daily laughter is down to 5 minutes or less in many countries. This is one of the worst aspects of 'modern life'.

Laugh Yourself Healthy We all know that laughter makes us feel good. A regular 20 minute laughter session can have a profound impact on our health and wellbeing. Laughter is gentle exercise. It fills your lungs and body with oxygen, deep-clears your breathing passages and exercises your lungs. This is really important for people who don't get regular aerobic exercise.

When we laugh our bodies release a cocktail of hormones & chemicals that have startling positive effects on our system. Stress is reduced, blood pressure drops, depression is lifted, your immune system is boosted & more. Western science is just starting to discover the great effects of laughter.

Why Laughter Yoga? Eleven years ago Dr Madan Kataria, an Indian doctor and student of Yoga was writing a paper for a medical journal titled 'Laughter is the best medicine'.

Convinced of the medical benefits of laughter and Yogic breathing exercises, Doctor Kataria was searching for a way to bring these benefits to modern man. You can't prescribe 20 minutes of laughter a day, and for best effect a range of different types of laughter should be combined.

In a flash of inspiration Laughter Yoga was born. Thanks to Doctor Kataria, countless people all over the world today enjoy the benefits of a daily dose of laughter practicing Laughter Yoga at laughter clubs or at their workplace.

Anyone can laugh without reason Laughter Yoga combines laughter exercises and yoga breathing to give you the health benefits of hearty laughter. Laughter exercises almost always lead to real laughter, especially when practiced in a group.

Laughter Yoga is practiced around the world at laughter clubs, laughter studios, in the workplace and in many specialized applications including schools, government departments, military & police, hospitals & hospice and more. There are more than 5000 laughter clubs and studios in more than 50 countries with new venues opening daily.

Laughter Yoga International provides laughter yoga trainings for LY leaders and LY teachers. We also provide LY retreats and LY workshops for business. Dr Kataria is a noted speaker

Laughter Yoga has been featured on most major networks including **CNN, ABC, BBC, NHK Japan, Channel 7 & 9 Australia, ZDF Germany** and print publications including **TIME Magazine, National Geographic, New York Times, London Times, LA Times, The Guardian, Wall Street Journal** and many more.

What **LAUGHTER YOGA** Can Do for You & Your Business!

Laughter Yoga is an innovative concept, developed by Indian physician, Dr Madan Kataria in 1995. According to this concept anyone can laugh in a group for no reason. We initiate laughter in a form of an exercise in the beginning but as the session proceeds and eye contact with the group members increases, laughter becomes real and contagious.

This concept is fast sweeping the world and has already been a catalyst in setting up **5000 laughter clubs in 55 countries**. The world wide media has helped in spreading its reach by featuring it in prestigious publications and shows like the **TIME magazine** and **The Oprah Winfrey show**.

We call it Laughter Yoga because we combine breathing exercises from yoga with laughter. This increases the net supply of oxygen to the body and the brain thus improving physical and the mental health.

The Unique Features of Laughter Yoga are...

1. You don't need sense of humour, jokes or comedies to laugh.
2. You don't need to be happy in order to laugh.
3. You can train your body and mind to laugh.

Benefits of Laughter Yoga in the Work Place

At a given time, your performance depends upon your mood and laughter yoga can help to change your mood within minutes by releasing neuro-peptides from your brain cells called endorphins.

It also increases the net supply of oxygen especially to the brain which helps in optimal performance and boosts your energy levels within minutes.

Laughter Yoga is a Scientifically Proven Method of Reducing Stress! It is cost economical and less time-consuming. In December 2006, we conducted a research on 50 IT professionals in Bangalore, India and found a significant reduction in stress levels as shown by reduction in cortisol levels in saliva. In 2003 an IT company in Copenhagen, Denmark reported 40% rise in sales after doing laughter yoga for a month.

Laughter Yoga has the power to change your work environment drastically by making people happy and cheerful, bringing positive mental attitude, hope and optimism in your workforce. It will help to enhance job satisfaction and strengthen the immune system thereby reducing absenteeism.

Laughter will also help to connect people to increase communication skills and help in teambuilding.

Since laughter yoga is a playful activity, it will augment innovation and creativity to generate new ideas and new insights.

Laughter yoga can be effectively used to increase the attention span during HR trainings and other learning skills. Dr Kataria is the keynote speaker and conducts workshops and seminars for companies incorporates worldwide.

The Master

DR MADAN KATARIA,

The “Guru of Giggling” (London Times) is founder of Laughter Yoga, a new exercise technique that is sweeping the world.

While researching the benefits of laughter in 1995, he was amazed by the number of studies showing profound physiological and psychological benefits of laughter. He decided to find a way to deliver these benefits to his patients and other people.

The result is laughter yoga, a system that allows people to enjoy unconditional laughter on demand. His breakthrough came when he realized it was possible for adults to laugh like children – without the use of jokes, humor or comedy. He started with just with just five people in a public park in Mumbai. Twelve years later hundreds of thousands of people in India laugh together every day and the system has spread to more than 50 countries.

Dr Madan Kataria is a physician from Mumbai, India who leapt to fame as laughter yoga spread quickly to USA, Canada, Europe, Australia, the Middle East, South East Asia, China and Africa.

It has been widely covered by prestigious publications like the TIME magazine, National Geographic, and the Wall Street Journal and featured on CNN, BBC, US networks and the Oprah Winfrey Show.

Dr. Kataria is a corporate consultant for Holistic Health and “Stress Management through Laughter” to national and multinational corporations in the USA, Canada, Europe, Switzerland, Australia, Singapore and Dubai. These include UBS Bank Switzerland, IBM India, Hewlett Packard Denmark, Italy and Malaysia, YPO (Young President Association) in many countries, SAS Airlines Sweden, Volvo Automobiles Sweden, Emirates Bank and Emirates Airlines, Glaxo Pharmaceuticals India, and management associations in Australia, Malaysia & Pakistan and India.

He has been a keynote and motivational speaker for Ministry of Manpower and Social Welfare, Singapore Government, Western Australian Parliament, Dubai (UAE), HRD Congress Malaysia, the Dubai Wellbeing Show and more.

A popular speaker featured frequently on television and radio, he is an eminent social worker involved in social projects. He has authored the book, “*Laugh for No Reason*” which is the only book on laughter yoga. He is also involved in many research projects to measure the scientific benefits of unconditional laughter.

His technique of laughter yoga is practiced as a group exercise in more than 5000 Laughter clubs worldwide. It incorporates laughter exercises, childlike playfulness, improve, and elements of yogic breathing.

The most profound impacts of Laughter Yoga have been in reducing stress and promoting wellness. Recent studies in the USA and Bangalore, India using unconditional laughter have positively confirmed these benefits. The scientific confirmation of what has been observed in thousands of laughter groups marks a turning point in the acceptance of laughter yoga in business world and in schools, hospitals, old age centers and other areas.

Sign-Up NOW!

CALL: 03-7723 2600 MOBILE HOTLINE: 016-363 4922 / 012-408 0030

Program Fee:

RM238 per person

Group Fee: *Team Attendance Highly Recommended!*

10% OFF for 5 or more from the same company

Reservations:

Reservations can be made by telephone, fax or by e-mail. Registration is confirmed on receipt of registration form and payment cleared before program date. If unable to do so due to government policy or company procedure, please advise late payment in writing.

Cancellation Policy:

Full refund for written notice received 2 weeks before program. A 25% cancellation fee will be levied for cancellations received less than 2 weeks before the program. No refunds after commencement of program. *Substitutions are allowed.*

REGISTRATION FORM

YES! Please register the following participants for the program:

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Important Note: Payments must be made together with your registration / prior to the event date.

Name 1:					
Position:					
DL / Mobile:		E-mail:			
Name 2:					
Position:					
DL / Mobile:		E-mail:			
Name 3:					
Position:					
DL / Mobile:		E-mail:			
Company:					
Address:					
Tel:		Fax:		E-mail:	
Contact Person:					
Position:					
DL / Mobile:		E-mail:			

PAYMENT METHOD

<input type="checkbox"/> By Bank Transfer	<input type="checkbox"/> By Cheque
Remit payment at any Public Bank branch	Cheque # : _____
• A/C Name: RAYMA Sdn Bhd	Amount : _____
• A/C Number: 3081577110	made payable to RAYMA Sdn. Bhd.
Fax us the bank-in slip with this registration form at	Fax this registration form then send with payment
(03) 7723 2599	to RAYMA Sdn Bhd (155878W)
	Unit S2, 2nd Floor,
	Centre Point, Bandar Utama
	47800 Petaling Jaya
	Selangor D.E. Malaysia
Mobile Hotline: 016-363 4922 / 012-408 0030	Tel: (03) 7723 2600 Fax: (03) 7723 2599

Duplicate Form If Necessary