



CERTIFIED LAUGHTER YOGA LEADER MISSION STATEMENT AND CODE OF CONDUCT

MISSION

The mission of the Certified Laughter Yoga Leaders is twofold: (1) to establish local Laughter Yoga Clubs; and (2) to guide people joyfully through laughter yoga exercises in regularly scheduled group meetings. The laughter leaders are at the forefront of our efforts to bring health, happiness and peace to the world through laughter.

CODE OF CONDUCT

1. Representatives in the Field for Laughter Yoga Movement

Laughter Yoga Leaders obtain their certifications by successfully completing a prescribed course of instruction taught by a Laughter Yoga Teacher. Certification is earned by demonstrating the ability to speak knowledgeably about the origins and benefits of laughter yoga, and exhibiting competence in leading members of the public through laughter exercises with cheerfulness and confidence. They possess qualities of sincerity, enthusiasm, credibility and helpfulness essential to be respected as local spokespersons, educators and role models for the global Laughter Yoga movement. They are vital to the growth of Laughter Yoga and must set an example by maintaining an appropriate level of professionalism both in conduct and appearance.

2. Principle of Oneness

Laughter Yoga Leaders promote the principle of oneness – ‘I belong to everyone and everyone belongs to me. No one is superior or inferior - we are all equal.’ We are part of a global family with diverse cultural values bound together through the worldwide network of Laughter Yoga Clubs in a common pursuit of good health, peace and understanding.

3. Principle of Selfless Service and Respect for Others

Laughter Yoga Leaders do not put personal interest before the need of others. They encourage discussion and differing opinions and do not allow personal ego to interfere with adopting good solutions regardless of where they originate. They do their utmost to make sure that all participants feel included and valued.

4. Unconditional Love for All

Laughter Yoga Leaders strive to make all persons feel welcome; they are patient and understanding with everyone. They readily adapt to the values of other cultures and countries and are sensitive and open-minded to individual concerns and differences. They do not tolerate any display of prejudice or bias related to gender, race, ethnic origin, sexual orientation, religion, ability, age or disability. They give unconditionally to everyone without judging or discriminating.

5. Continuing Education and Collaboration

Laughter Yoga Leaders must stay abreast of the latest information about the health benefits of laughter, new laughter exercises and current events in the global laughter network by reading press accounts and content from the Laughter Yoga website, <https://laughteryoga.org/>. They readily share insights and information with others in the laughter yoga community and encourage collaboration, promotion and participation in Laughter Yoga events.