



Laughter Flash



SPROUTING SPRINGTIME LAUGHTER

Dear Fellow Laughter Yogis,

Why was the sprout invited to all the parties? It always brought the zest! You know that as the LY pro in the room, you have the power to spice things up. Be bold! Have fun! The earth is ready to absorb our laughter seeds! Let them sprout, root and spread into all communities across the USA!



On the 13th of March we joined people from all across the world to celebrate the **29th Anniversary of Laughter Yoga**. Thank you Dr. Kataria and Madhuri for sharing this beautiful program with us! You have allowed us to present your foundational message in so many different ways. The central message remains strong. Laughter for Health, Happiness and Peace! It's astounding to see how many countries (120+!) who are now benefiting from LY. Impressive to see how this practice has evolved from that very 1st laughter club created at a Mumbai Park back in 1995.

This newsletter demonstrates some of the amazing ways we have been practicing LY here in the USA and elsewhere. This issue contains great interviews and articles with dedicated professionals. Cynthia Paris, updating us on ERS. Tip: Register quickly for **Educator Relief Squad's Continuing Education 1st Monday Modules and Workshop for LY Pros!** Carla Brown shares insights about her trip to the World Laughter Conference in India and her World Laughter Tour. Meet Nicole Pontelandolfo and learn more about her "Laughter Life on Wheels". Oni Lasana uses LY to enhance her storytelling and shares how she uses it with kids in Tobago. Cara Nusinov reminds us of how taking that step to becoming a LY Pro can impact your life in significant ways. As a special bonus, Cynthia Paris shares some very important safety considerations when working with participants attending seated LY sessions.

We'd love to hear how you are doing and how you are using your laughter skills. We'd love to hear your ideas about making LY USA stronger and even more vibrant. We can only succeed with your support and thank you.

ho ho ha ha ha *Alexa*

Alexa Fong Drubay, CMT and Director of Laughter Yoga USA,



Newsletter Highlights

SPRING 2024 EDITION

Sprouting Springtime Laughter

A message from our Director



Cynthia Paris - **latest ERS
Developments**- LY for Well-
Being in the Classroom



CAUTION

Cynthia's Tips
for
Seated LY sessions

Spotlight On!
*Carla Brown's Impressions
from her World
International Tour!*

Spotlight On!
*Nicole Pontelandolfo/
Funky Buddha Laughter
taking LY on the road!*

Spotlight On!
*Oni Lasana, Weaving
Laughter into Storytelling*

Spotlight On!
*Cara Nusinov on the
Importance of Being a LY Pro*

LY USA SPECIAL 2024 EVENTS
ERS 1st MONDAY MODULES
FOR LY PROS
AUGUST 12 INTRO FOR
EDUCATORS

**Mindful Eating- Laughter
Food Blessing
Poetry Corner
and other cool LY info!**

www.laughteryogausa.org