

Julie Showering Hypnotherapy

Laughter Yoga

Fake it until you make it!

1. Age Laughter: How your laugh would sound when you are double your current age; half your current age; 10/20/30 years older; ten years younger; as a child; as an infant; 95 / 5.
2. Alphabet Laughter: laugh whilst saying each letter from A to Z.
3. Beethoven's Fifth: Ha ha ha haaaaaaa, ha ha ha haaaa
4. Nasty Boss Quit Today: cheering is allowed. How would you celebrate?
5. Cha Cha Cha Ha Ha: Laugh as you dance a la cha cha cha.
6. Constipation Laughter: squat on an imaginary throne and let go with laughter (cry on the way down, laugh on the way up)
7. Deck the Halls: ... with boughs of holly, ha ha ha ha ha, ha ha ha ha
8. Donkey Laugh: "ee-haw, ee-haw".
9. Dr. Evil: raise a pinky to your chin and snicker. Similar to Evil Laughter where you rub your hands in a mischievous way
10. Hand on Throat Laughter: Put your hand on your throat, laugh and observe the vibrations. Put your hands on different body parts and observe how they vibrate differently or not at all.
11. Hawaiian Laughter: Sing aloha ha ha ha as you swing your hips side to side and hands above your head
12. Ice Cube Down the Back Laugh: Laughing whilst jumping around
13. Laughter bomb - start hands up, whistle on the way down and then "explode" laughing
14. Lawn Mower Laughter: start the engine in three laughs.
15. Milk Shake Laughter: Hold two imaginary glasses. One is full of milkshake. Poor the milkshake into the empty glass and make the sound haaaaaaay and then poor it back with a haaaaaay and then drink the milkshake with a raucous laugh Ah.... Ha..... ha..... ha.....