



Laughter Clubs Victoria Newsletter

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HAPPY NEW YEAR

Hope you've had a laughter filled start to the New Year sharing good times with family and friends.

The future certainly looks bright for Laughter Clubs VIC Inc. Laughter clubs have become widely known in the community and you now hear people speak of laughter yoga or Hasya Yoga regularly. And even better, so many people have attended a laughter session at a club or in their workplace.

Laughter Clubs VIC Inc are regularly asked to be involved with festivals and expos and this month we will be part of the Australia Day Celebrations when we march and run laughter sessions, and next month I'll lead a laughter session at the Sustainable Living Festival. See below for details.

We already have a number of people booked in for the LCVi Leader Training Workshop on Sunday 15 February which is great news as more laughter will be taken into the community during 2009!

AUSTRALIA DAY MARCH – Monday 26 JANUARY

Come and **March with the Laughter Club VIC Inc** group and be part of the Australia Day Celebrations. You are invited to be part of the **People's March** that will follow a Flag Raising ceremony at 11:00am at the Melbourne Town Hall and then move along Swanston Street to Alexandra Gardens.

Marchers are asked to assemble between **10:00am and 10:30am** at the corner of Swanston & Bourke Streets, **wearing their LCVi laughter club T-shirts** (check out the web site if you want to purchase one beforehand). 17 is our assembly number and President Bronwyn will be our Marshall for the March.

We'd especially like to have a large group on the day, wearing their laughter T-shirts, and being part of the thousands of people expected to march on the day

We'll have a tent in the Alexandra Gardens and we will run laughter sessions and hand out laughter club information during the day. We are filling a roster, and if you can volunteer a one or two hour block (whatever) please ring Secretary Phillipa 5221 4266 or 0418 521265 to be put into a time slot. The more the merrier!

CLUB NEWS

Ferntree Gully [2nd & 4th Sunday each month]
10:30am is the new starting time. This is easy during January to April, but after that ring their Leader Lynne on 9763 5475 to check you have the right days.

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LAUGHTER LEADER TRAINING WORKSHOP – Sunday 15 February

The Melbourne workshop is one of three to be held this year. This is for people who want to lead a laughter club or gain more knowledge about the workings of a laughter session. Bookings are essential to secure your place in the full day training. Contact Bronwyn 0421 335197 or Phillipa 0418 521265 to get the registration form sent.

SUSTAINABLE LIVING FESTIVAL – Saturday 21 February

11:00am-12pm at Federation Square on the banks of the Yarra River is when a Laughter Session will be offered for everyone to join in. All LCVi members, their families and friends are invited to help swell the numbers, and join in this annual event which has wonderful stalls and fun activities happening daily.

LAUGH FOR THE MONTH **Silent Laugh**

This can be done in a group as you look at each other's smiling faces, or on your own when you don't want to disturb others. It is very good for lowering your stress levels or giving yourself a boost of energy when you need to keep quiet, like sitting at your desk at work.

Open your mouth as wide as possible, and imitate laughing heartily but with no sound. It should be done with quick movements of the abdominal muscles. Do not apply excess force or over exert yourself when you laugh without any sound. Try to put a lot of feeling into the laugh rather than applying too much force.

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