



Laughter Clubs Victoria Newsletter

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WORLD LAUGHTER DAY

4 May at 11:00am at Federation Square is the place to be to celebrate **World Laughter Day**.

Our 5th celebration of World Laughter Day promises to be the biggest and best laughter event to date. It is the second year we are supporting the Leukaemia Foundation with a **Laugh for Leukaemia**. So come along to Federation Square for two hours from 10am until 12pm and join in the fun.

This year there will be **face painting, hair colouring, Lucky Bear will make an appearance**, and there will be prizes and giveaways. We will be looking for **Melbourne's best laugher***** during a free 30 minute **laughter session starting at 11:00am** when our volunteer Laughter Club leaders from around Victoria get you laughing. ***The title of Melbourne's best laugher will go to the person, who has registered before the event being held during the laughter session, and can stand and laugh for at least 30 seconds just for the fun of it.

So grab your fellow Laughter Club members, your family, friends, work mates, in fact anybody who wants to support the Leukaemia Foundation while celebrating World Laughter Day. This year the Comedy Channel is joining Federation Square as sponsors for the event organised by LCVi and the Leukaemia Foundation. By being at **Federation Square on 4 May** you'll be part of the global celebration **for World Laughter Day**.

CLUB NEWS

Glenroy: ***New Listing

Tuesday 2:00pm
Glenroy Neighbourhood Learning Centre, 58 Cromwell Street, Glenroy
Leader: Susan
Contact: 9304 3910

Moonee Ponds:

The session filmed at the start of April will be aired on ABC during June. As soon as the date is known it will passed on. Thanks to everyone who came along on the day

MindBodySpirit FESTIVAL

Fri 6, Sat 7, Sun 8 Mon 9 June 2008

Want to go to the Mind-BodySpiritFestival in June?

Would you like a pass to gain entry into the Festival?

Then join in a laughter session on the main stage. Put yourself on the roster to be at one or all of the sessions at 1:00pm on each of the four days. Ring 5221 4266 or 0418 521265 or send an email to phillipa@livelifelaughing.com.au

MEMBER CONTRIBUTION

*A smile on our face, makes the entire body Smile
And also helps others to feel good about Themselves
Laughter keeps us in the present moment
Laughter keeps the worries from taking over
Laughter keeps us young at heart
Laughter keeps us closer to God
Laughter unites us all through the heart*

*When we laugh with our hearts and allow ourselves to be in
this moment, our body begins to heal,
If we laugh regularly, our sense of humour grows, our worries
decrease and our health **Increases**
Laughter releases the button of depression
So that our natural **Joy** can emerge*

*Happiness comes form the mind of desire
And **Joy** can only be experienced from the **Heart**
So give YOU the most precious gift of Love and allow yourself
to **Laugh out loud** often.*

Carolyn Nicholson - Laughter Club Eltham

LAUGH FOR THE MONTH

Piano Laugh: Play an imaginary keyboard using your laugh to work up or down the scales Ha, ha, ha, ha, ha from low to high or high to low. Repeat the scales twice. Finish with big flourish right along the key board.

WORKSHOPS

LCVi Laughter Leader Training Day

Laughter Club Leaders volunteer their time to run a laughter club. Some are run on a weekly basis (unlike in India where they occur every day), and others fortnightly or monthly.

If you would like to put more laughter into your community or workplace, then book now for the next authorised and accredited Laughter Clubs Victoria Inc Laughter Yoga Leader Training Workshop.

Date: Sunday 25 May 2008

Time: 9:30am—5:00pm

Location: Kew Neighbourhood House

Cost: \$185 individual. \$245 corporate/organisation

Bookings/enquiries to Phillipa Challis on 0418 521265
info@laughterclubsvic.org

Age and Disability Services Specific Laughter Leader Training

This needs specific Laughter Leaders day is for any one wanting to learn the skills of presenting an effective and fun-filled laughter program that will suit the diverse needs of clients attending or living in an age or disability care service.

Friday 6 June, 9:30am-5:00pm, All Saints Church Hall, 18 Edward St, Mitcham \$185. For more details and bookings contact Bronwyn Roberts 0421 335 197
bronwyn@letslaugh.com.au

Laugh for Life Workshop

The next CAE (Council of Adult Education) 3-hour Laugh for Life Workshop will be held on Saturday 31 May at their Flinders Street location. It is a good introduction for people looking to put more laughter into their lives. Attendees discover the benefits of laughter for their wellbeing as well as learning about laughter clubs and what they have to offer. Bookings direct to the CAE on 9652 0611.

3RD ANNUAL AUSTRALASIAN LAUGHTER CONFERENCE

Saturday 23 and Sunday 24 August 2008

Sharing many laughs with Dr Madan Kataria the Founder of laughter clubs; speakers from around Australia and overseas; and Laughter Leaders will be non stop over the weekend of the conference.

The location of the Selesian Retreat, Goyura Ausilium College, in Lysterfield, a picturesque outer Melbourne suburb in Victoria is an ideal venue.

People who register before the end of June receive an early bird rate. Contact organiser Merv Neal to register and book your accommodation (which is limited at the Retreat). Enquiries to mervneal@maurant.com.au

LCVi T-SHIRTS

LCVi T-Shirts are about to go on sale. You asked for them and the LCVi Committee has organised them!

You can help promote LCVi to the public by wearing the colourful two tone T-Shirt, especially at events like World Laughter Day, the MindBodySpirit FESTIVAL and the Sustainable Living Festival, when we are featured on the program and run laughter yoga sessions,

A photo and order form will be placed on our web site during May. Laughter Club members will also be able to order and pay for their T-shirts through their Laughter Club Leader,

DIARY DATES

4 May - World Laughter Day & Laugh for Leukaemia

25 May - LCVi Laughter Leader Training Day

6 – 9 June – MindBodySpirit FESTIVAL

23 - 24 Aug – 3rd Annual Australasian Laughter Conference in Melbourne (a must attend event)

LAUGH THOUGHT FOR THE MONTH

What soap is to the body—laughter is to the soul. A Yiddish Proverb

Live well, laugh lots and love much!

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