



Laughter Clubs Victoria Newsletter

Issue Number 55 June 2008

Newsletter produced and printed by the office of Laughter Clubs Victoria Inc.
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mindbodyspiritFESTIVAL

Friday 6, Saturday 7, Sunday 8, Monday 9
1:00pm

A 30-minute laughter demonstration will be given on the main stage each day over the 'long-weekend' event at the Melbourne Exhibition Centre.

Several **laughter lovers** have already made **contact to volunteer** to be part of the demonstration, for which they are thanked.

We are still looking for more people to attend one (or more if you live locally) of the four 30-minute time slots. This is your invitation to be involved in a session for which **you will receive free entry to at each session you attend at the mindbodyspiritFESTIVAL.** If you are able to fill a spot please contact the LCVi on 0418 521265 to put your name down and to find out how to **collect your ticket.**

CLUB NEWS

Geelong:

Saturday 14 June at 9:30am
Laughter Club Geelong will celebrate their 6th birthday. Laughers from other clubs together with their family and friends are welcome to join in.

Hampton:

Being the second club to form in Victoria they will celebrate their sixth birthday in July. Date to be announced next month

DIARY DATES

6 – 9 June
mindbodyspirit FESTIVAL

17 Aug
Laughter Yoga Leader Training Day
Melbourne

23 - 24 Aug
3rd Annual Australasian Laughter
Conference - Melbourne

15 Nov—Laughternoon Tea

LCVi T-SHIRTS

LCVi T-shirts are now available. It is so good seeing the purple and yellow t-shirts in a group of laughers and it certainly gets people asking what we are all about.

The T-shirts have our name/logo on the front and our website on the back, in print size able to be easily read. Our supplier is Rutland Merchandising who have become supporters of LCVi and are keen to help raise our awareness in the community.

They are quality garments and when you order one it is suggested you order one size smaller as they are a generous fit. If you want a size not listed then simply call LCVi and discuss your requirements. Sizes are -

ADULTS	S	M	L	XL	2XL	3XL	4XL
CHEST	53.5	56	58.5	61	63.5	66	68.5
CB LENGTH	69	71.5	74	76.5	79	81.5	84

To order contact your Laughter Club Laughter Leader, or LCVi direct . More information can be found on our website www.laughterclubsvic.org

Emily of Mornington has this to say about Laughter Yoga ...

Laughter Yoga is so much fun. I've now been to a few sessions and each time I've come away energised and feeling happy— once I got over feeling like everyone was watching. I love the coffee and chat afterwards. I have to say it has been one of the best things I have ever done. One day soon I'll be brave and be part of a demonstration.

LAUGH THOUGHT FOR THE MONTH

Dogs laugh, but they laugh with their tails. What puts man in a higher state of evolution is that he has got his laugh on the right end.
Attributed to Max Eastman

3RD ANNUAL AUSTRALASIAN LAUGHTER CONFERENCE

Saturday 23 and Sunday 24 August 2008

How lucky are we in Australia to have the Founder of the worldwide laughter movement coming to the 3rd Annual Australasian Laughter Conference. Dr Madan Kataria together with speakers from around Australia and overseas, and community Laughter Leaders, will be sharing laughter all throughout the weekend.

If you want to learn new laughs, find out about the latest scientific studies about the benefits of laughter or just share in non-stop laughing, then register before the end of June and you'll receive an early bird rate.

The conference will be held at the Selesian Retreat, Goyura Ausilium College, Lysterfield, a suburb in the north east of Melbourne. This is also where the 5-day retreat led by Dr Kataria will be held.

To register and book your accommodation (which is limited at the Retreat), or for any further information or Enquiries, contact conference organiser Merv Neal at mervneal@bigpond.com

WORKSHOP

LCVi Laughter Leader Training Day

If you would like to put more laughter into your community or workplace, the next authorised and accredited Laughter Clubs Victoria Inc Laughter Yoga Leader Training Workshop will be in August in Melbourne. Enquiries 5221 4266 or 0418 521265 or email info@laughterclubsvic.org

LAUGHS AND MORE LAUGHS

Hearty Laughter:

Spread your arms upwards pointing to the sky and tilt your head back a little with your chin raised and laugh heartily. Lower your arms if you need to and laugh from the heart.

Airline Safety Instruction Laugh:

Demonstrate reading the safety instructions; how to put on oxygen masks, taking care of our own mask first before helping children; demonstrate how to put on a safety vest; point to the exits; point to the lights on the floor.

Mobile Phone Laugh:

Hold an imaginary mobile phone to your ear and move around the group of people while laughing, point to your mobile phone as if you cannot believe what you are hearing - This is a useful laugh if you want to laugh in public but do not want to draw attention to yourself.

Kookaburra Laugh:

Stand in a circle to start, laughing like a kookaburra, from the low ho ho ho, to the high ha ha ha. Then while wiggling fingers as arms are raised (to get the circulation going) move around lowering your arms with everyone laughing.

Chewing Gum Laugh:

Lift your foot and look at chewy on your shoe and laugh and point while hopping around.

Editor's Note:

If you have a favourite laugh or one that you have invented it would be happily received as an item for future newsletters. Please send it through and tell us whether you would like it to be printed over your given name, or full name, and suburb.

Contributions welcome - Send to:

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