

LAUGHTER CLUBS VICTORIA LAUGHTER YOGA SUMMIT FOR MENTAL & PHYSICAL WELLNESS

Free Community Event 1st Ever Action Packed Exciting Educational
Deakin Edge Federation Square 8.30am to 5pm, Sunday 6th May 2018

&

WORLD LAUGHTER DAY CELEBRATIONS 2018 FOR WORLD PEACE & HAPPINESS

St Paul's Steps (Busker's Pitch) Federation Square 11am to 12noon
Annual Community Event FUN and FREE for all on the same day see agenda overleaf



FUN AND FREE LAUGH AND GO

HO HO HA HA HA

HO HO HA HA HA

HO HO HA HA HA



www.facebook.com/laughterclubsvictoriainc/



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www.laughterclubsvic.org

Laughter Summit and World Laughter Day Celebrations Agenda

8:30am: Bump in

8:30 - 9:15: Registration

9:15 - 9:30: Opening Speech by President
Laughter Clubs Vic, Mahes Karuppiyah-Quillen
N.D

9:30 - 9:45: Happy Breathing & Warm up

9:45 - 10:15: The Laughter Yoga Story and
History - Day 1 into 15 Happy Years - Phillipa
Challis OAM

10:15 - 10:30: True Blue Aussie Laughter
Yoga Exercises - Jim Lord Vice President

10:30 - 11:00: Break

11:00 - 12:00: World Laughter Day
Celebrations - Buskers Pitch, St Paul's Court.
A Celebration featuring Laughter Clubs from
Victoria & Inter State presenting their
Signature Laughs. Everyone will be invited to
join the Laughter Competition to find the
Woman and Man with the Best, Most
Contagious Laugh and the Child with the
Happiest Laugh to walk away with surprise
gifts.

12:00 - 1:00: Lunch Break

1:00 - 1:30: Speaker 1 (Marketing Ideas &
Trends to Start, Grow & Maintain Social
Laughter Clubs

1:30 - 2:30: Time Tested Laughter Exercises
from Laughter Leaders to Share from Inter &
Intra State Laughter Clubs

2:30 - 3:00: Party Tricks & Laughter to
Trigger New Brain Pathways

3:00 - 3:30: Speaker 2 (Starting Them
Young/Plant the Seed of Positivity - Laughter
with Children for Parents, Grandparents and
Educators)

3:30 - 4:00: Speaker 3 (Laughter with
Senior's/Golden Opportunities into the
Golden Years, Happy all the Way)

4:00 - 4:30: More Laughter Exercises & Fun
with Bollywood House Hold Chores Laughter
Dance

4:30 - 5:00: Closing & Laughter Meditation

5:00 - 5:30pm: End Note