

Laughter Yoga
Iowa Therapeutic Recreation Association
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“Laughter occurs when people are comfortable with one another, when they feel open and free. And the more laughter, the more bonding within the group” - cultural anthropologist Mahadev Apte

“Laughter is the shortest distance between two people.”
-Victor Borge, Danishm comedian

Gelotology is the physiological study of laughter.

“Laughter is spiritual in the sense that it brings us a joy beyond ourselves. It engenders a blissful, euphoric state of joy that could only be described as spiritual. Laughter can be integrated into the spiritual practice of whatever your religious tradition is.”

- Laura Gentry, *The Hilarious Handbook*

“Laughter has a way of restoring perspective and our tears reflect the importance of empathy, compassion and sometimes, shared emotion.”
- Jean Stairs, *Listening for the Soul*

“My goodness, if you bottled laughter all up in a pill, you’d need FDA approval!”

-Dr. Lee Berk, American, gelotologist (laughter scientist)

“We don’t laugh because we are happy. We are happy because we laugh.”
- William James, an American psychologist and philosopher states,

“And we should consider every day lost on which we have not danced at least once. And we should call every truth false; which was not accompanied by at least one laugh.”

-Friedrich Nietzsche, German philosopher

“If you’re alive you’ve got to flap your arms and legs, you’ve got to jump around a lot, for life is the very opposite of death, and therefore you must at the very least think noisily and colorfully, or you’re not alive.”

-Mel Brooks, American film director and
comedian

“Laughter is timeless, imagination has no age, and dreams are forever.”

- Walt Disney