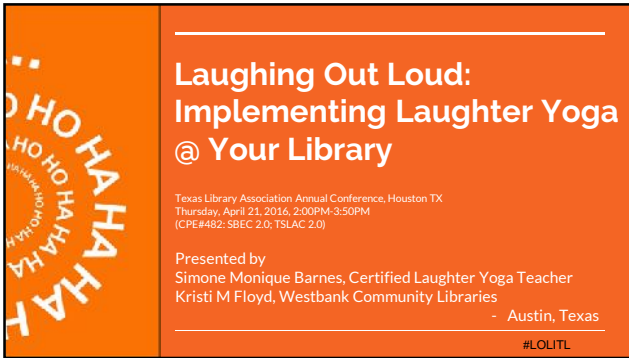


Laughing Out Loud: Implementing Laughter Yoga @ Your Library



**Laughing Out Loud:
Implementing Laughter Yoga
@ Your Library**


Texas Library Association Annual Conference, Houston TX
Thursday, April 21, 2016, 2:00PM-3:50PM
(CPE#482: SBEC 2.0; ISLAC 2.0)

Presented by
Simone Monique Barnes, Certified Laughter Yoga Teacher
Kristi M Floyd, Westbank Community Libraries
- Austin, Texas

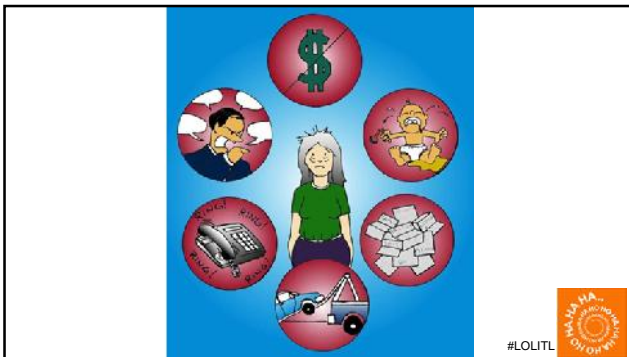
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Agenda

- What is Laughter Yoga?
- Hands On Laughter Yoga Experience
- The Science & Practice of Laughter Yoga
- Westbank Libraries Case Study
- Small Investment, Big Return: Get Started
- Q&A



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Presenters: Simone Monique Barnes
and Kristi M Floyd (Austin, TX)

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**We don't laugh
because we're
happy, we're happy
because we laugh.**


-- William James (b. 1842 - d. 1910)
Considered to be the Father of American psychology

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What is Laughter Yoga?

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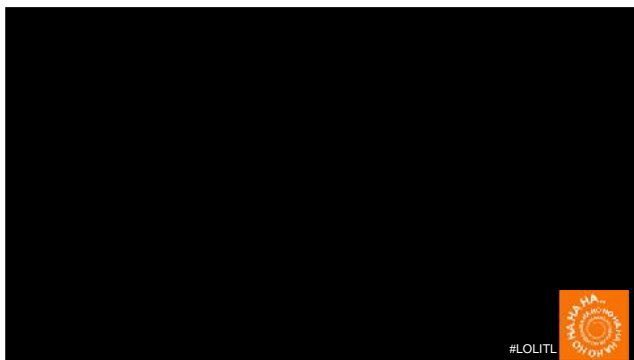


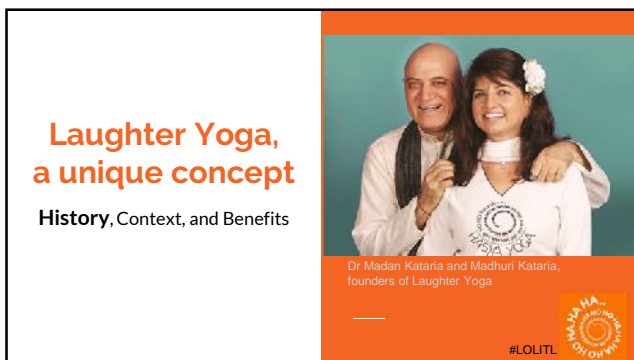
**Laughter Yoga =
unconditional
laughter + yogic
breathing
(pranayama)**

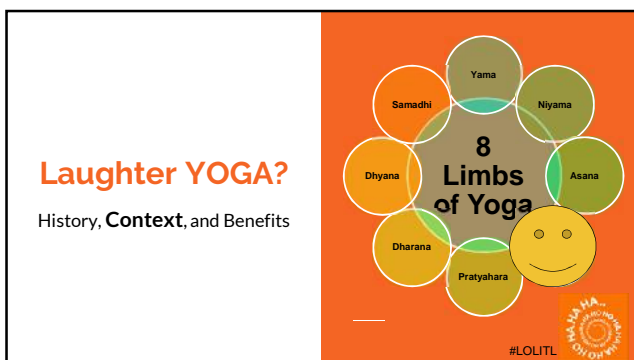
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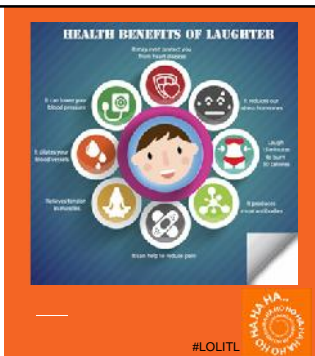


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Why Laughter?

History, Context, and Benefits




Laughter Yoga Experience



Increases Oxygen




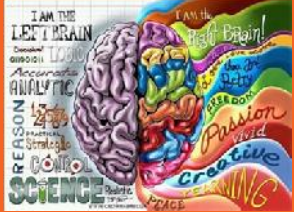
**The Science and Practice
of Laughter Yoga**



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**The Science &
Practice of
Laughter Yoga**

A non-religious yogic practice
founded by a medical doctor



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**Laughter Yoga is
easy to implement**

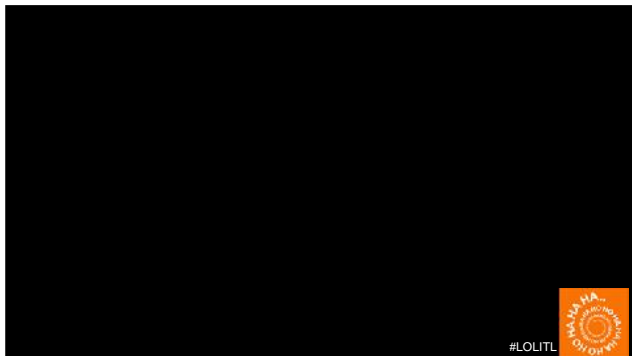
Laugh for No Reason
doesn't rely on a sense of
humor

Anywhere, Anytime, Anyone
no special equipment
no special room set up
standing or seated
alone, duo, small group, or
large group
children, teens, young
adults, adults, seniors

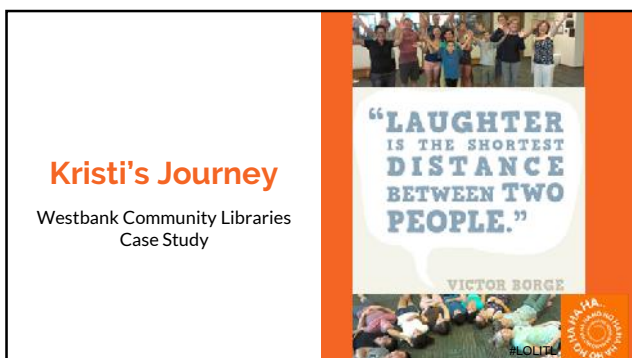


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Laughing Out Loud: Implementing Laughter Yoga @ Your Library







Get Started



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Certified Laughter Yoga Leader (CLYL) Training

A small investment that yields large returns:

- Intensive, fun filled, 2-day training (14 hr commitment)
- Ready to lead Laughter Yoga sessions on your own
- ~\$300/per person
- Lifetime certificate from Laughter Yoga University



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Laughter Yoga can stand alone or it can be incorporated into existing library programs

Host new *Happy Hours* regularly

- Laughter Club
- Laughter Meditation
- Guided Meditation
- Meditation, Yoga, Fitness
- Brain Games/Theater Games
- DIY relaxation crafts (ex. mala bead bracelets, cool down jars, etc)

Apply techniques & exercises to

- Family Fun Days
- Programs for Seniors
- Storytelling/Storytime
- Test Prep (Stress Management)
- Anger Management
- Classroom Management
- Icebreakers at staff trainings
- Parenting Skills



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Laughing Out Loud: Implementing Laughter Yoga @ Your Library

Get Started!
It's easier than you think

- Laugh often
- Get CLYL trained
- Connect w/CLYLS&CLYT
- Join/Start a Laughter Yoga Club
- Create a LY reference list
- Host activities that cultivate joy

**LAUGH OUT LOUD
IN THE LIBRARY**







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Very Good, Very Good, Yay!

See the TLA conference website for Laughter Yoga session handouts, including reference articles, books, videos, and more resources




Simone Monique Barnes
Love and Laughter Yoga
simone_monique@me.com
loveandlaughter.voga
(512) 766-YOGA (9642)
Austin, TX



Kristi M Floyd
Westbank Community Libraries
kristi@westbanklibrary.com
westbanklibrary.com
(512) 327-3045
Austin, TX

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Presenters: Simone Monique Barnes and Kristi M Floyd (Austin, TX)