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# Jan 13 - Laughter Club



Jan 13 meeting, led by Tony Pearson

## Agenda

- Introduction
- Discussion and warm-up
- Breathing exercises
- Stretching exercises
- Laughter exercises
- Closing statements

## Lists

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### Introduction

- Brochure – One sheet intro
- Introduce Laughter Club – brief history
- Mission of our club – health, community service, friendship
- Introduce myself (Tony Pearson) as leader for tonight
- Sign-in Sheet
- Yahoo group e-mail list
- Do not over-exert yourself, do what you fell comfortable doing, all of the breathing, stretching and laughter exercises are designed so that they can be done in regular street clothes by most people

### Discussion

- Jokes and funny stories
- How has laughter benefited you recently?
- Birthdays or Anniversaries?
- Why do we laugh?
- Fundamentals – warm up (Ho Ho, Ha Ha Ha)

### Breathing

- Favorite Flower—hold hand up to nose, breathe in the imaginary smell, blow out your mouth like dandelion
- Snow Angels, lift arms up during inhale, down during exhale: In-2, out-4, in-3, out-6, in-4, out 8, in-5, out-10

### Stretching

- Rolling Shoulders
- Turn Head side to side
- Pointing with your elbow
- Superstar—see picture 1 below

### Laughter Exercises

- Static Electricity
- Penguin waddle-waddle-waddle
- It wasn't me! —hands up, shrug shoulders like a kid
- Subway – one arm up holding “strap”, bounce around
- Ice cube down your back
- Appreciation – thumbs up, point and wink
- Lion face
- Peek-a-boo—hold hands in front of face, then show face
- Airline Safety instructions
- Walking barefoot on hot pavement
- Cell phone

### Closing Statements

- Details of next meeting, if any
- Later tonight: Sing-a-long at 9pm Loft, Buffy Vampire Slayer
- Three cheers (Happiest, Healthiest, Members) Yeah!

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### Images



Superstar (Warrior Pose I)



Tonights Leader: Tony

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