

# SPADROLE

## HA! A LAUGHTER WORKOUT CD – 70 MINUTES OF SPONTANEOUS LAUGHTER

To celebrate the 1st year anniversary of Winnipeg's first Laughter Club, Spadrole has produced a CD with six different laughter tracks, featuring laughers from one person to small and large groups. An encouraging accompaniment for people who want to laugh at home, in the car, in the workplace and almost anywhere.

### THREE ENERGIZING WAYS TO USE HA!

#### Laughter Workout

Laugh along for a perfect workout—strengthen cardiovascular, lubricate muscles and joints, massage internal organs, oxygenate your system, release stress.

##### *Instructions*

- Pick a good time; morning afternoon or evening and make a habit of doing the laughter workout every day
- Find a comfortable spot with no distractions
- You can stand, sit or lie down for the workout
- Before you start, make sure to stretch your whole body
- Tell the people you live with (and possibly your neighbours) that you are OK and they should not worry about you
- Pick your favourite track on the CD (first timers can pick one of the seven minute tracks and then work up to the fifteen minutes)
- Laugh along with the CD, participate at your own comfort level, smile, giggle or smile
- The first times you do the workout it might feel strange, your comfort level will increase with practice
- During the laughter workout, laughter will come and go, this is OK, your body needs to rest a bit during the workout, just relax, breath deeply and laughter will come back to you
- At the end of the laughter workout stretch your whole body and sit comfortably or lie down and close your eyes for at least five minutes
- Share your laughter with at least one person every day

#### Laughter Meditation

Meditate to the sound of laughter—liberate your spirit, create harmony.

##### *Instructions*

- Find a comfortable spot with no distractions
- Sit or lie down
- Pick your favourite track on the CD
- Relax and listen
- At the end of the meditation stretch your whole body
- Share your laughter with at least one person every day

#### Laughter Ambiance

Create a joy-filled ambiance with background laughter

##### *Instructions*

- You can choose to play the CD as background sound for events such as birthday parties, office get togethers, family events, laughter club meetings
- You can use the CD as background sound in different environments such as the staff room in your school, the waiting area in clinics, hospitals, hairdressers or garages
- You can pick your favourite track and play it as an ice breaker for staff meetings, conferences or special events
- Share your laughter with at least one person every day