

Why I Started Doing Laughter Yoga

[Laughter yoga](#) (Hasyayoga) is a modern exercise involving prolonged voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides similar physiological and psychological benefits as spontaneous laughter.

I wanted to try laughter yoga for a long time. After unsuccessful attempts of finding good sessions on YouTube, I found what I was looking for on the App Store.

Buying the Let's Laugh App ([iPhone](#) / [Android](#)) have been the best \$2 I have spent in a while.

It guides you through a set of 45+ audio exercises. Simply open the app, tap the play button, and laugh!

I do it a few times per week for 5-10 minutes in the morning when I'm getting ready. It's also great while doing laundry. It helps me get into a great mood and is a great way to influence my [subconscious mind](#).

We can probably all use more laughter in our lives. I know I can.

I encourage you to try it out!

