

Laughter yoga therapy in Venezuela

<http://www.youtube.com/watch?v=uGXBjn8TrMo>

Questions : True or False.

People do laughter yoga to get rid of stress. T / F

Only poor people do laughter yoga. T / F

Jesus says that everyone laughs eventually. T / F

Transcript

Now they say laughter is the best medicine and these people in Venezuela obviously agree.

Yeah, if your wondering just what is so funny well the answer is laughter yoga. These people in Caracas are taking part in the therapy to combat the stress of life in the countries chaotic capital city. And it seems like its doing the trick. Instructor Jesus Regatti says its a great form of stress relief.

Gender does not matter here. Niether does economic level, where you come from or political beliefs. The intention is for people to come and laugh with other people for an hour or more no matter what you know your laugh in the end.

In spite of all the problems we have in Venezuela here in Caracas we come here to a little corner to forget about everything that happens out there. We laugh and we focus on our world here in the park.

So move over Pilates and Zumba. 2013 is all about laughing.

Answers

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F
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