



VeteranCaregiver.com Video Resources

Recommended Resources: Hasyayoga or Laughter Yoga

Resources

<http://www.laughteryoga.org/english>

<http://www.laughteronlineuniversity.com/laughter-yoga/>

<http://www.skillsyouneed.com/ps/therapeutic-laughter.html>

<http://time.com/84987/laughter-may-be-the-new-meditation/>

<http://www.cancercenter.com/treatments/laughter-therapy/>

<http://science.howstuffworks.com/life/laughter-therapy.htm>

<http://www.yogajournal.com/article/lifestyle/what-s-so-funny/>

<http://www.beginners-yoga-meditation-guide.com/hasya-yoga-laughing-yoga.html>

<http://www.nydailynews.com/life-style/big-town/stretch-mind-laughter-yoga-helps-veterans-heal-article-1.1575794>

http://www.laughteryoga.org/english/news/news_details/58

Videos

<https://www.youtube.com/watch?v=Fq4kTZuLops>

<https://www.youtube.com/watch?v=Xyy2WKGlcDY>

<https://www.youtube.com/watch?v=KqjD99iaN3A>

<https://www.youtube.com/watch?v=IGNOF8DVIPO>

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