

Programme for Laughter Yoga Open Day

9.00 am – 9.30 am	Arrival
9.30 am – 9.45 am	Registration
9.45 am – 9.55 am	Laughter Yoga session
9.55 am – 10.05 am	Welcome – Maggie Thompson
10.05 am – 10.45 am	Professor Anna Whittaker: The effect of stress on the body, e.g. Immune system and stress hormones
10.45 am – 11.00 am	Laughter Yoga session
11.00 am – 11.15 am	Refreshment break
11.15 am – 11.45 am	Lotte Mikkelsen: The impact of laughter on neurological disorders.
11.45 am – 11.55 am	Laughter Yoga session / comfort break
11.55 am – 12.25 pm	Wes Floyd and Tim Barker: Report of Laughter Festival 2017 and plans for 2018.
12.25 am – 1.00 pm	Robin Graham: Groups he has worked with, their feedback and the idea of taking laughter to groups where people are living with challenges
1.00 pm to 2.00 pm	Lunch break
2.00 pm to 2.30 pm	Jules Mitchell: Teaching Happiness: The M.A.D. Professors mission to make schools happy and children connected to their own inner wisdom.
2.30 pm – 2.45 pm	Laughter Yoga session / comfort break
2.45 pm - 3.30 pm	'World Café' – Brainstorming discussions to raise awareness of the benefits of Laughter Yoga
3.30 pm – 3.45 pm	Refreshment break
3.45 pm – 4.15 pm	Eva Provedel: Taking Laughter to the Streets
4.20 pm – 4.45 pm	Close of Open Day – Maggie Thompson
4.45 pm – 5.00 pm	Market Place and Networking