



Laughter Exercise Photo Flash Cards

ACTUAL SIZE:

7




N



Naughty-Naughty (Argument)

It is impossible for you to be angry
and laugh at the same time
--Dr. Wayne Dyer



L

52 Jumbo-sized Playing Cards, 3½ by 5¼ inches; **plus 8 bonus cards** (Breathing Exercises and Jokers).

An instantaneous visual reminder of **Dr. Kataria's Foundation Exercises** (and more).

Use the Card **Numbers** to choose the perfect energy level for the next exercise (Ace to 3 are gentle, 4 to 6 moderate, 7 to 10 vigorous).

Can be used for any standard **card game** (Poker, Blackjack, Crazy Eights, Go Fish, Solitaire, etc.). We've changed the suits: Hearts to Dolphins, Spades to Hummingbirds, Clubs to Puppies, and Diamonds to Ladybugs!

Featuring **101 Laughter-related Quotes** by world authorities, from *Charlie Chaplin* to *Kahlil Gibran*, *The Bible* to *Patch Adams*.

Accompanying Instruction Booklet gives **descriptions of how to perform all the exercises**, plus many **new** and delightful **games** to be played with the deck.

- (Discover "Letter- Scramble", the all- new, **All- Gibberish Word Game!**)

\$14.95 per deck

(Downloadable files. Multi-use licensing option.)

60 cards and instruction book
Translated into five languages

Two Instructional Videos available

4



Lion
Laughter is like
the human body wiggling its tail.
--Anne Wilson Schaef

Taiwan

R

K



Dr. Madan Kataria
Bring about a harmonious connection between
your inner self and your outer self.
Then your laughing will your family joy everywhere.
--Anandmaji, Ma

India

A



Namaste (Indian Greeting)
Q. What is laughter?
A. What is this precious love and laughter
Budding in our hearts? -- Hafiz

USA

7



Belly (Head On The Belly)
A person who belly laughs
doesn't bellyaches.
--Susan Thompson

Laguna Beach

A



Shy
Feelings are everywhere - be gentle
--J. Brown

Switzerland

J



Laughter Meditation
If you are laughing, you cannot think.
That is the objective we achieve in meditation.
The essence of laughter is within. --Dr. Kataria

Israel

Features photographs from Laughter Clubs all over the world

J
O
K
E
R



X



Laughter Dance


You can discover more about a person in an hour of play than in a year of conversation.
--Plato

R
E
K
O
J

Mexico

O₂ Joy

B




Butterfly Wings
(Reverse Prayer, "Montalbanasana")
Laughter open you up to the divine.--Terri Trespain

O₂ Joy

California

J
O
K
E
R



Z

Scents of Humor



Laughter is like changing a baby's diaper. It doesn't permanently solve any problems, but it makes things more tolerable for a while.

R
E
K
O
J

France

Just *looking* at these cards can make you laugh!

Q



S

Madhuri Kataria
Let there be more joy and laughter in your living.
--Eileen Caddy

O

5



N

Credit Card Bill
To see your drama clearly is to be liberated from it.
--Ken Keyes, Jr.

S

Another Quality Product from **The Laughter Yoga Institute**

Produced by Jeffrey Briar (USA) from an original idea by Jana Gablikova (Slovakia)

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