





Laughter Exercise Photo Flash Cards

ACTUAL SIZE:

4  **D**



Handshake 

Love cures people: the ones who receive love, and the ones who give it, too.
--Karl A. Menninger 

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 Laughter Exercises** (and more). **The perfect visual aid for laughter exercise leaders!**

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

Use for any standard card game (Poker, Blackjack, Crazy Eights, Go Fish, Solitaire, etc.)

Chuckle to **101 Laughter-related Quotes** by world authorities, from *Charlie Chaplin, Norman Cousins, Kahlil Gibran, Patch Adams* and *Nietzsche...* to *The Bible*.


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 wacky new **All- Gibberish Word Game!**


\$19.95 per deck


60 oversize cards and instruction book

Top Quality, laminated with rounded corners, sturdy
– built to last

4  **R**



Lion 

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

Taiwan


Q  **T**





Madhuri Kataria 


Your joy is the greatest contribution you can make to life on the planet.
--Alan Cohen 

India

A  **O**



Namaste 

O, what is laughter?
What is this precious love and laughter
Budding in our hearts? -- Hafiz 

USA

A  **O**



Shy 

Feelings are everywhere - be gentle.
--J. Massi 

Switzerland

J  **U**



Laughter Meditation 

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

Israel

Features photographs from Laughter Clubs all over the world

JOKER X

Laughter Dances

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)

Laughter opens you up to the divine. --Terri Trespain

O₂ Joy

California

JOKER 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

5

Credit Card Bill

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

S

7

Belly

A person who belly-laughs doesn't bellyache.
--Susan Thurman

L

Just *looking* at these cards can Make You Laugh! (Poker players, beware...)

Another Quality Product from
The Laughter Yoga Institute

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

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