

Laughter Yoga

Subject (module) title in Lithuanian and English		Code	Study programme(s)	
Juoko Joga / Laughter Yoga		1227922	All study programmes	
Lecturer(s)			Division	
Coordinator:	Lect. Ieva Labanauskaitė		Department of Acting and Directing	
Other(s)	-			
Study cycle			Type of a subject (module)	
First (Bachelor Studies), second (Master studies)			Optional	
Form of implementation	Execution period / Study programme		Language(s) of teaching	
Classwork	Autumn / Spring semester / All study programmes		Lithuanian, English	
Requirements for an accepted student				
Prerequisites:			Minor requirements (if applicable)	
Not applicable			Not applicable	
Volume of the subject (module) in credits	Total student workload (in hours)	Average contact hours	Average self-study hours	
3	80	32	48	
Aim of the subject (module)				
Teach students to relax, discover their true laughter, feel the connection between thought, emotion and physical action. Teach to feel ones body, follow thoughts, develop concentration, practice relaxation techniques and to be in the moment.				
Short subject (module) annotation (up to 500 characters)				
Laughter Yoga is yoga practice popularised by physician Madan Kataria. It consists of various breathing and movement techniques (breathing exercise, hand clapping, movement in space) supplemented with paying of sounds similar to natural and unique laughter. During the intensive sessions, students learn about the effects and significance of laughter, experimenting with various artificial and natural forms of laughter. Performing special tasks and exercises, students explore the principles of fun and the possibilities of applying them in their daily activities.				

Projected learning outcomes	Learning outcomes of the subject (module)	Study methods	Assessment methods
5. Personal competencies	Students will know how the brain and body respond to stressful situations and how to reduce anxiety levels.	Exercises, analysis of literature and video material, independent work (technical improvement and performance of assigned tasks)	<i>Cumulative score:</i> attendance of and active participation in classwork, presentation of assigned tasks
	Students will be able to discover, challenge and maintain a joyful and positive emotional state.		
	They will develop their emotional and physical mobility, will be able to recognise their emotional state. Students will be familiar with the ways to avoid escaping from unpleasant situations, but to dive into them with pleasure and joy.		
	They will know the basic principles of how the human brain and emotions work, will be able to assess their abilities and will know what measures need to be taken to improve emotional and physical well-being.		

Topics (repertoire requirements)	Contact work				Self-study hours	Tasks
	Theoretical activities	Group activities	Individual activities	Contact work hours in total		
1. Introduction. Basics of laughter yoga.		4		4	6	Reading the literature. Watching specified videos.
2. Exercise of laughter yoga.		4		4	6	
3. Relaxation exercise.		4		4	6	

4. Breathing exercise		4		4	6	
5. Basics of brain neuroplasticity.		4		4	6	
6. Introduction to meditation.		4		4	6	
7. Meditation of laughter yoga.		4		4	6	Reading the literature. Watching specified videos.
8. Repetition of all exercises. Discussion of results.		4		4	6	Preparation for the exam
Total:		0	32	0	32	48

Assessment strategy	Weight, %	Assessment period	Assessment criteria
Exam	100	At the end of the intensive learning session	<p>The exam consists of (attendance * 0.9 + discussion of results * 0.1) / 2</p> <p>Compulsory attendance. Student, who missed more than 60 percent of classes, will get a negative score.</p> <p>Student, who attended 100 percent of classes will get 9 (very good). 90 percent - 8 (good). 80 percent - 7 (enough good). 70 percent - 6 (average). 60 percent - 5 (satisfactory).</p> <p>10 percent - the assessment involve all knowledge acquired and competencies listed in the description, which are reflected by the student during final exam.</p> <p>A student, who missed the classes in result of reasonable problems (eg illness), may ask for an additional task in order to get the missed score.</p>

Author	Year of issue	Title	No. of the periodical or volume of the publication	Place of publication and publishing house or an online link
Required study sources				
Dr. Madan Kataria	2020	Laughter Yoga: Daily Laughter Practices for Health and Happiness		https://www.penguinrandomhouse.com/books/616786/laughter-yoga-by-madan-kataria-md-foreword-by-andrew-weil-md/
Eckhart Tolle	1997	The Power of Now		https://eckharttolle.com/
Eckhart Tolle	2005	A New Earth		https://eckharttolle.com/
Joe Dispenza	2014	You are the Placebo		https://drjoedispenza.com/
Joe Dispenza	2016	Breaking the Habit of Being Yourself		https://drjoedispenza.com/
Additional study sources				
Laughter Yoga University				https://laughteryoga.org/

Approved Name of the Department: date, protocol No		
Date and No. of registration in the register of study subjects (modules)		