



SEGMENT INSTRUCTIONS

Laughter Meditation

A form of meditation from India:

We often hear the saying “laughter is the best medicine”, and this can be true! When laughing, endorphins are released in your brain which can help to make you feel happy.

Laughter meditation is all about using these endorphins and laughing until you feel happy, relaxed, and smiling.

INSTRUCTIONS:

- Find an open space where there is plenty of room.
- You are going to ‘fake laugh’ right from your belly over and over, until you feel happy and are really laughing.
- You can shake your body, dance, jump... whatever makes you feel happy and gets you moving while you laugh.

Friluftsliv – Meditation in Nature

A form of meditation from Norway:

In Norway, people believe that spending time outdoors and being one with nature is the best form of relaxation and meditation.

INSTRUCTIONS:

- Find an open space outside where you are comfortable - this could be on a patch of grass, on your deck or balcony, in a camp chair, or even in a tree.
- Hold something natural on your stomach with two hands (a rock is perfect) and close your eyes.
- Take big deep breaths in, and exhale all the way out.
- Listen to the world around you; put everything else out of your mind and just listen. Listen to the birds, the wind, the people walking past, and the trains tooting – be one with nature.

