



**Guy Giard**  
*Mister Happiness*



## *ImproLaughter: Yoga for the Soul*

**ImproLaughter is a dynamic workout program that will help you rediscover your true sense of fun, unleash your creativity, and give your body and mind a burst of vitality.**

Mixing the best of what Comedy Improv and Laughter Yoga offers, Guy Giard aka *Mister Happiness*, also Humanitarian Clown UKU with Patch Adams MD, delivers a humor filled interactive and dynamic session for releasing stress, build creativity and team cohesion.

### **Some benefits of Improvisations: \***

- Brain-scan studies have shown that improv activates creative brain centers and can help with brain connectivity.
- Psychological studies have shown that improv generally boosts creativity and confidence.
- Studies also show that improv generally decreases stress, anxiety, and uncertainty intolerance.

### **Some benefits of Laughter Yoga: \*\***

- Stress relief: A good laugh actually induces physical changes in your body. It stimulates many organs, enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- Increase personal satisfaction making it easier to cope with difficult situations. It also helps you connect with other people and improve your mood. It can also improve your self-esteem.

\* <https://www.psychologytoday.com/ca/blog/play-your-way-sane/202303/7-research-backed-benefits-of-improv-comedy>

\*\* <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

**Guy Giard, Mr Happiness Author, Workouts, Workshops and Talks**

***Certified Laughter Yoga Leader and Humor Professional***

**Duration:** up to 60 minutes (multi-week programs also available)

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# Laughter Yoga International University



## Certified Laughter Yoga Leader

This is to certify that GUY GIARD  
has successfully completed the required training under my guidance and has demonstrated competence by understanding the concept, developing skills of unconditional laughter based on Hasya Yoga (Yogic Laughter) and having the knowledge of "Inner Spirit of Laughter" as initiated and taught by Dr. Madan Kataria M.D.

Dr. Madan Kataria  
Founder



Laughter Yoga Teacher

Date Sept 2013

Place Lachine, Qc. CAN



## Certified Humor Professional

This designation is awarded by the  
Association for Applied and Therapeutic Humor to

**Guy Giard**

2017

AATH President



Humor Academy Director

Humor Academy Director



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Humor Academy Director