

Julia Johanssen: Laugh Yourself Smart, Understanding and Using Laughter for Happiness, Creativity and Bonding



Julia Johanssen is an embodied facilitator and yoga teacher, and co-founder of the Institute of Systemic Laughter in Berlin. Join others in fun, playful embodiment practices and games to experience, and explore the power of laughter. Discover pathways to have a good laugh, Julia invites and guides you to open up into layers and styles of laughter.

TOP EMBODIMENT TIP: Relax your tongue

Laughter Is A Universal Language:

- **The language of laughter connects us at the level of the heart**
- A smile is how we say “*hello*” in the language of laughter
- Powerful tool in embodiment practices: requires willingness and openness
- Laughter and crying are close together
- Seek laughter communities to support your exploration

Laughter Is A Tool:

- Laughter is a tool that can connect us to surrender, to let go of control.
- **We remember laughter fits we have with others because it’s a bonding experience.**
- Useful to confront seriousness and let go of it in pursuit of joyfulness.
- Seriousness is connected with being an authority, there is a lot of fear of losing control and/or losing authority.
- A laughter fit is healing.

Awareness Of Inner Movements & Benefits:

- Take note of how you feel in your body and how your breath is after laughing.
- Best thing is not to think about the breath but **let the laughter take over.**
- **Laughter is a micro practice** for the immune and nervous system.
- The movement of laughter starts deep in the belly and it moves into all parts of the body energetically.
- Hormones of happiness release after about 1 minute of continuous laughing.
- Laughter is like sport, it can take a lot of energy and you can train yourself to be more open and willing to laugh.

Resources

- ❖ **Website:** sensualblossoming.com



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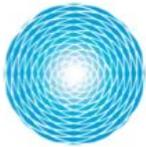
Amara Pagano, PathOfAzul.com



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.

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