



Yolanda Iseley: Smiling Meditation and Laughter Yoga: Cultivating Awareness and Joy



Explore the joy to be found in Smiling Meditation and Laughter with Yolanda Iseley- hula-hooper, yogi, dancer, meditator and area organiser for the Glastonbury Festival.

**TOP EMBODIMENT TIP:** Enjoy it! Have fun with embodiment- don't take it too seriously, just enjoy your body and what you can do with it.

Building Awareness, Keeping it Fun: **Enjoy your body and it's sensations**

- Notice how you are, how you are feeling, from your head to your toes
- **Look for sensations: don't react**, let them be- what happens if you don't react?
- The only constant is change
- Find the play
- Noticing how hot , how cold, how tense, trying to keep that pinpoint awareness
- Pass your attention over every inch of your skin, every muscle, bone, cell
- Passing that attention around **like a soft caress**

Relaxation: **Instead of just being aware, try to actively relax, starting down in the toes**

- Breathe in oxygen, and healing energy
- **Breathe out any tension**, the sigh of relaxation, just let it float away
- You are gently **moving your energy around as you move your consciousness around**
- Feel yourself supported on the ground, gravity gently dragging you down

Warm Loving Smile: **Spread that smile around the body**, moving head to toes

- The smile you might give a loved one, a child, a parent- **give it to yourself**
- Start in the mind, growing the smile
- As you inhale **breathe in the warm loving smile**; as you exhale you **send that smile into the world**
- Be the **best friend your body has**, fill your body with that warm comforting feeling, radiate it out
- Send it out to everyone on your street, city, continent, to the whole world and then bring it back to yourself
- Practice: a **smiling metta** meditation

Laughter Exercise: **Grow the smile into a laugh**

- Bring it lower down into the body; different types of laughter appear in different places
- Feel it grow, outside yourself or back inside you
- Positively bringing up your energy, **giving yourself that love** that you need
- Also being ready to **send it out**; compassion for yourself and the world.



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