

Appeal for Help in Laughter Yoga Research Study in Greece

Dear Laughter Leaders, Teachers and Laughter Club Members,

We need your help to conduct Laughter Yoga Study for our Laughter Yoga Teacher Vasiliki Skrekou, from Greece who is appearing for her final exams for MSc. And her subject for research paper is Laughter Yoga. It is a matter of honour for all of us and it is our duty to help her. Please volunteer your time to answer a few questions either on skype or by e-mail.

Dr. Kataria

Greetings to all Smiling/Laughing colleagues!

My name is Vasiliki Skrekou and I am a Laughter Yoga Teacher from Greece. I am also a student in John Moores University of Liverpool, on my final year of obtaining an MSc in Consiousness and Transpersonal Psychology. This year is devoted in conducting a Thesis dissertation, and I decided that my research study should be, on what else? Laughter Yoga!

I have been a Laughter Yoga Teacher since 2007, and like most of you, have experienced magic life changes and transformations. My idea was to do a qualitative study on the effects of Laughter Yoga practice to us Laughter Yoga Professionals.

The title of the study is: 'Laugh For No Reason: The Effects of Laughter Yoga Practice on the Lives of Laughter Yoga Professionals'.

For this reason I invite you to participate, share your personal experience, and at the same time inspire others to open their lives to laughter!

The study requires 6-7 participants with good knowledge of the English language. In case you wish to participate you will have to give an interview through Skype (more like a conversation!) that will last approximately an hour. If you wish to participate but don't use Skype and prefer to write your views, I will send you a set of questions in which you can reflect and answer freely.

Feel free to contact me for details on: vasiliki@joyfulplanet.org or through skype at: vassilikiaegina (my skype id).

Last but not least! Thank you for making me acknowledge the sense of belonging to a global family of laughter promoters!

I await for your replies with great giggling anticipation!

With much Love and Laughter to all of you for the new year and beyond!

Vasiliki