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# LAUGHTER YOGA INTERNATIONAL FOUNDATION

April 23, 2018

The High Commission of The United  
Republic of Tanzania  
EP-15-C, Chanakyapuri  
New Delhi - 110 021

Dear Mr Baraka H Luvanda,

## **Sub: Celebrating World Laughter Day, May 6, 2018 (Sunday)**

We would like to invite you and your spouse as our guests of honour to celebrate World Laughter Day on 6th May, 2018, Sunday. Please be a part of unforgettable experience of unconditional laughter with 300 Laughter club members from all over Delhi.

**Venue:** Tecnia Auditorium, 3 Psp Institutional Area,  
Madhuban Chowk, Sector 14, Rohini, Delhi 110085  
**Time:** 7.30 am to 9 am

Every first Sunday of May we celebrate World Laughter Day. Started in 1995, Laughter Yoga movement has spread across more than 106 countries with thousands of free social Laughter Clubs. Our mission is "Health, Happiness and World Peace through Laughter". The formula to achieve this is very simple - If people are happy and healthy, they will contribute to world peace. Please have a look at this short video about world Laughter Yoga movement

<https://www.youtube.com/watch?v=q9MmSFZ0qSw&t=3s>

Laughter Yoga is a simple, cost-effective exercise to reduce stress, strengthen the immune system and oxygenate each and every cell of your body. It is a complete exercise for physical, mental, social, and spiritual wellbeing.

Laughter Yoga has taught us that the easiest way to be happy is to find happiness within us by laughing for no reason. Our slogan is – **"We don't laugh because we are happy; we are happy because we laugh."**

Laughter is a universal language we all speak. By setting up free social Laughter Clubs all over the world we are creating a worldwide community of healthy and happy people from different countries and cultures to become like an extended family.

We will be extremely honored if you would grace the occasion with your distinguished presence. Please confirm your acceptance.

Sincerely,

**Dr. Madan Kataria**  
Founder Laughter Yoga Clubs Movement  
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