

Lachyoga-Hymne „Laughter Yoga Anthem“

Von Les Laughettes

Refrain:

We spread joy, peace and laughter
Happy ever after
Laughing like a child
Healthy, strong and wild

Zwischenstrophe mit Chor:

Say: Ho Ho
Chor: Ho Ho
Say: HAHAHA
Chor: HAHAHA

It was in nineteenninetyfive
When Doc Kataria and his wife
They started laughing in Mumbai
And many people asked him why

Finale:

People all around the world
Listen to my voice
Clap your hands and stomp your feet
C'mon make some noise

Five started laughing in the park
From early morning until dark
The scientists confirmed it's true
Laughter's good for me and You

HOHO one, two, three
It is good for you and me
HAHA three, two, one
Let us have some fun

Add some breathing exercise
Give your lunges fresh oxygene
No more stress and not depresses
That feels really nice

Open heart and also mouth
North, east, west and south
Be sure you are divine my friend
No beginning and no end

It's contagious but it's safe
Let's do a giant laughter wave
It is easy to make this choice
You decide to raise your voice