

THE BENEFITS OF LAUGHTER

- ✿ Provides cardio-vascular exercise and increases oxygen supply to the brain.
- ✿ Relieves stress and tension and lowers cortisol levels. (*stress hormone*)
- ✿ Lowers blood pressure and produces a feeling of relaxation and well-being.
- ✿ Burns calories and stabilizes blood sugar levels.
- ✿ Strengthens the Immune system.
- ✿ Releases Endorphins which help us feel good and can relieve pain.
- ✿ Enhances relationships and can improve productivity in the workplace.
- ✿ Starting with each individual, may eventually contribute to World Peace.

Laughter Prescription

Recommended Dosage:

10 minutes of Laughter Daily

- Share your Smile!
- Less Bad News. Look for Good News.
- Play, Laugh and have Fun with the People in Your Life, especially Children.
- Access more Humour - TV, Movies, DVDs, Videos, Print Media, Radio and Internet.
- Learn to be an Optimist.
- Exercise Your Sense of Humour.
- Learn to Laugh at Yourself.
- Use Humour to De-Stress.
- Find a Laughter Club & do Laughter Yoga!
- Seek help if Laughter is elusive.
- Give Thanks for the Benefits of Laughter!



Janni - The Laughter Lady
www.jannigoss.com

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Janni Goss

Conference Speaker
Wellbeing Educator



“Laughter is one of the most cost-effective remedies for stress reduction, boosting the immune system and contributing to health and wellbeing.”



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LAUGHTER CLUBS OF WESTERN AUSTRALIA

for more information visit

www.laughwa.org.au

for more information about Dr. Madan Kataria
and Laughter Yoga visit

www.laughteryoga.org

LAUGHTER AS THERAPY
SUSTAINABLE WELLBEING
SMARTER AGEING
FELDENKRAIS

NURTURING CHILDREN
JelliTime™



Ho! Ho! Ha! Ha! Ha!

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Janni Goss is a Conference Speaker and Wellbeing Educator with a passion for outsmarting stress, in order to maintain health and wellbeing throughout the lifespan.

Janni is a qualified physiotherapist and Feldenkrais practitioner. She is a former lecturer and clinical supervisor at the School of Physiotherapy at the Western Australia Institute of Technology/Curtin University. Janni's professional interests include child health, developmental disability, woman's health, aged and palliative care, and ageing with disability. Janni is the advisor for Ageing for the National Council of Women of Western Australia and supports Women With Disabilities WA.

Janni has a long-term interest in the causes and consequences of stress, and its effect on health and wellbeing for both children and adults. JelliTime™ - is a relaxation game created by Janni for children, which is used by parents, carers and teachers.

Janni was inspired by Patch Adams and added laughter to her repertoire.

Janni has been personally trained by Dr. Madan Kataria (Laughter Yoga International). She is an internationally accredited Laughter Yoga Leader and Teacher. Janni also received a special award as a Laughter Ambassador from Dr. Kataria at the first Australian Laughter Conference in 2006. Janni established the Cottesloe Laughter Club at the Cancer Support Association.

Janni has become known as the Laughter Lady and travels extensively to speak at:

- Conferences, corporate, health & education events.
- UWA Extension and Albany Summer School.
- Professional development seminars.
- Women's, Carer's and Senior's organizations.
- Fundraisers, AGM's and retreats.
- Breakfast, lunch and dinner!

Janni Goss is widely known for her presentations, which are interactive, informative and fun.

Presentation Topics

The Laugh Frontier

An interactive presentation on the health benefits of laughter and laughter yoga. Learn how to increase your laughter quotient, reduce stress and improve your health and wellbeing.

Workplace Wellbeing

Would you like to enhance performance, teamwork and productivity in your workplace? Discover the power of laughter and Laughter Yoga to reduce stress, enhance relationships and keep your staff healthy and motivated.

Wellbeing 101

Learn how to outsmart stress and maintain your health and wellbeing. Try laughter, the breathe, movement, meditation and relaxation to change how you feel. Nurture yourself with healthy choices, pleasure, beauty and joy to balance the stress.

Love, Laughter and Longevity

For those interested in smarter ageing. Get the most out of your longevity by making healthier lifestyle choices. Use laughter as therapy and learn to gain more balance and optimism in your life. An introduction to the Feldenkrais Method can be included in longer workshops.

Laughter Yoga Training

Learn how to facilitate laughter yoga in your workplace, with existing groups, or set up your own laughter club.

Nurturing Children

This workshop explores children's stress. It may include simple infant massage as well as JelliTime™.



Janni Goss with Dr. Madan Kataria.

JelliTime™

A Relaxation Game for Children (3 - 8 Years)

Childhood stress is causing increasing concern in our community. JelliTime™ is a game specifically designed to help children learn relaxation skills. Movement, fun, laughter and relaxation are integral to JelliTime™. Research shows that children using JelliTime™ regularly have reduced hyperactivity and increased attention to task. JelliTime™ has been used by parents, carers and teachers for children in their lives for more than 20 years in Western Australia. JelliTime™ is a fun and nurturing process, which provides a tool for adults to help children to regulate their own behaviour and share relaxation time.

- Workshops for parents, teachers, carers and health professionals.
- JelliTime™ for children or families.

Enquiries: Janni Goss (08) 9361 4860

Testimonials:

"JelliTime™ is possibly one of the most valuable programs I have encountered for children's social and emotional well-being". - Asha Turner, Kindergarten Teacher

"JelliTime™ is fantastic for calming down and relaxing them after play". - Sarah Ricci, Pre-Primary Teacher

"Brings the children back down to ground level. They enjoy the challenges prior to the JelliTime™ and is some time out for everyone. It works better than I ever imagined it could".

- Jenny Jones, Pre-Primary Teacher

"Children enjoy quiet time. Very positive. Relaxed me too, knowing it would work". - Deb Cadee, Year 4 Teacher

"A couple of weeks after practising JelliTime™ just before bedtime each evening, we found it a lot easier for my daughter to get to sleep. Six months on, she is sleeping very well, most often now without JelliTime™".

- Kim Livingstone, Parent