

《CCTV9英语新闻：爱笑瑜伽在缅甸风靡一时》

CCTV9英语新闻：爱笑瑜伽在缅甸风靡一时

Laughing yoga all the rage in Vietnam

We all know that laughing makes you feel good, but a new trend in Vietnam is proving that it could be good for your health. Laughing yoga has been gaining traction in recent years, a practice that involves prolonged voluntary laughter.

At least 200 people gathered in Vietnam's capital, Hanoi, to take part in the new take on yoga early on Sunday morning. Ly Thai To Park saw people circling a Christmas tree for stretching and dancing, before some laughter. Some people were dressed in outfits representing Vietnamese society and some were dressed as Santa Claus. They believe that laughter during yoga enhances the experience and emphasizes playfulness between participants.

Laughing yoga originally started in the early 1990's in Mumbai, India. Interestingly forced laughter usually turns into real and contagious laughter, so why not give it a go for yourself.