

Laughter Yoga 40 Foundation Exercises

大笑瑜伽四十個基礎練習

Laugh & Learn English & Cantonese / 笑住學英文，笑住講廣東話



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Preface / 自序

This book was born to turn "laughter" into a chance to learn. I am not an English teacher, nor am I a language expert. I am just someone who loves to laugh and loves to write. In the world of Laughter Yoga, I found that laughter can cross any language. So I thought to myself: If I take 40 laughter exercises and use short stories to learn English and Cantonese conversation, would it make learning English less painful? If you like to laugh and want to learn English or Cantonese, this book might be for you.

The appearance of this book is thanks to Dr. Madan Kataria. He founded Laughter Yoga and let me find it in the middle of my life. Thank you also for his generosity, unconditionally authorizing me to publish this book, and even writing a foreword for it himself. "Laughter Yoga, Service First." I will always remember this phrase.

Aliki, Jhon, Kamal, Maria, Meera, Nizar, Neila, Paula, Shilpi. Thank you for your words and your time. Your blessings are also included in this book. When I see the words everyone left behind, I am touched and grateful beyond words. These friends are all people I met through laughter. Some I see every week, some almost every day. This friendship is something I cherish deeply. I still remember when we met in India, that big poster—I still have it pasted on my wall until now. Actually, I also think of some other friends, but I just don't want to disturb them. Everyone is so busy, and I am really a shy person.

I especially think of Nicole and Ali. Why? Because I am still waiting for our talent show video from India!

Me, actually I don't really know myself. But when I see what everyone wrote about me, my heart is full of gratitude and warmth. Thank you for your time to look, read, listen, and write. TonkaBean is a reserved person who always keeps a little distance from people. Especially for friends held close to my heart, it is precisely because I care so much that I want to cherish this true friendship even more.

Finally, thank you again to Dr. Madan Kataria. You created Laughter Yoga and brought magic into my life. Unseen, yet so beautiful. Untouchable, yet it is love.

Don't think too much, just open it and read it with a smile.

Tonkabean



這本書的誕生，是為了將「笑」變成一個學習的契機。我不是英文老師，也不是語言專家。我只是一個喜歡笑、喜歡寫作的人。在大笑瑜伽的世界裡，我發現笑可以跨越語言。於是我心想：如果我將四十個大笑練習，透過微故事學習中英文會話，會不會讓學英文變得沒那麼痛苦？如果你喜歡笑，又想學英文或廣東話，這本書可能適合你。

這本書能夠出現，要感謝 Dr. Madan Kataria。他創辦了大笑瑜伽，讓我在人生中場遇上它。也感謝他的慷慨，無條件授權我出版這本書，還親自為這本書寫下推薦序。大笑瑜伽、服務優先。我會謹記這句話。

Aliki、Jhon、Kamal、Maria、Meera、Nizar、Neila、Paula、Shilpi。感謝你們的文字和時間，你們的祝福語也收錄在書中，當我看到大家留下的文字，我有說不出的感動和感激。這些朋友，都是我從笑聲中認識的人，有的每星期見面，有的幾乎每天都見，這份情誼，是我很珍惜的，還記得我們在印度相遇，那張大海報，我至今還貼在牆上。其實我還想起一些朋友，只是不敢打擾。大家都很忙，而我確實是一條怕醜草。

我特別想起 Nicole 和 Ali，為什麼？因為我還等待在印度的才藝表演視頻呢！我，其實我不太清楚我，但當看到大家寫的關於我，我心裡很感激和感動。感謝你們的時間，看、讀、聽和寫。東加豆是個含蓄的人，總是與人保持一點距離。尤其是放在心裡的朋友，就是因為在乎，所以更想珍惜這份真摯的友誼。

最後再次多謝 Dr. Madan Kataria。創立了大笑瑜伽，讓我生活遇上了奇妙。看不見，卻很美。觸摸不到，卻是愛。

別想太多，打開它，笑著讀就是了。

東加豆



Foreword / 推薦序 Dr. Madan Kataria

It gives me immense pleasure to write a few words for this wonderful book by TonkaBean, a dedicated Laughter Yoga Teacher from Hong Kong.

Over the years, Laughter Yoga has grown into a global movement, bringing health, happiness, and inner peace to people across more than 120 countries. At the heart of this movement lies a simple yet powerful practice — laughter as an exercise, combined with breathing and childlike playfulness.

This book



presents 40 Foundation Laughter Exercises, which represent some of the most popular and practical techniques used in Laughter Yoga sessions worldwide. These exercises form the core building blocks of Laughter Yoga practice. They are simple, joyful, and easy to follow — making them accessible to people of all ages, cultures, and backgrounds.

What makes this contribution especially valuable is that it provides a structured and practical guide for teachers, leaders, and beginners alike. Whether you are starting a new Laughter Club or deepening your personal practice, this collection will serve as a reliable companion.

I strongly believe that this book will play an important role in spreading Laughter Yoga in Hong Kong and beyond, inspiring more people to experience the benefits of unconditional laughter. In today's fast-paced and stressful world, such tools are not just helpful — they are essential.

I congratulate Tonkabean for her sincere efforts and commitment to the Laughter Yoga movement, and I wish this book great success in bringing more smiles, laughter, and positive energy into the lives of many.

Health, Happiness, and World Peace through Laughter.



Warm regards,
Dr. Madan Kataria
Founder, Laughter Yoga Movement

我非常高興能為東加豆這位來自香港的盡責大笑瑜伽導師所寫的這本精彩好書撰寫幾句話。

這些年來，大笑瑜伽已發展成為一場全球性的運動，為超過120個國家的人們帶來健康、快樂與內心的平靜。這場運動的核心，是一種簡單卻強大的練習——將笑聲作為一種運動，結合呼吸與孩童般的嬉戲。

本書介紹了40個基礎大笑練習，這些都是全球大笑瑜伽課堂中最受歡迎、最實用的技巧。這些練習構成了大笑瑜伽的核心基礎。它們簡單、歡樂、容易上手——讓所有年齡、文化與背景的人都能輕鬆接觸。



這本書特別有價值的地方在於，它為導師、帶領者以及初學者提供了一個結構化且實用的指引。無論你是要開辦一個新的大笑俱樂部，還是要深化個人的練習，這本書都會是你的可靠夥伴。

我深信，這本書將在香港及更遠的地方，在推廣大笑瑜伽方面扮演重要角色，啟發更多人體驗無條件大笑的好處。在現今這個節奏急速、壓力繁重的世界，這樣的工具不僅僅是有幫助——更是不可或缺的。

我祝賀東加豆為大笑瑜伽運動所付出的真誠努力與奉獻，並祝願這本書大獲成功，為許多人的生命帶來更多的微笑、歡笑與正能量。



以笑聲達至健康、快樂與世界和平。

謹致問候，

Dr. Madan Kataria
大笑瑜伽運動創始人

Foreword / 推薦序 Nicole Pontelandolfo

Ho ho ha ha ha!

It is a joy to introduce this interactive audio and storybook by TonkaBean, one of the kindest and most creative spirits I know. It is no surprise that her work is filled with creativity, warmth, healing, and heart.



Each chapter includes laughter exercises that open a joyful world of possibility, inviting readers and listeners to laugh, move, breathe, and play along. Through storytelling and laughter yoga, this book becomes an educational, interactive, and uplifting experience.

We all laugh in the same language, and the blending of English and Cantonese throughout this book helps bridge connection, culture, and community through joy.

Beyond reading, each chapter invites you to listen, practice, and be fully present. Laughter is a powerful life skill and a natural way to support well-being, and each page gently reminds us of healing through play, breath, and human connection.

Hearty congratulations to TonkaBean for her dedication to the Laughter Yoga movement and for spreading global health, happiness, and world peace.

Appreciation laughter to TonkaBean, founder Dr. Madan Kataria, and YOU—the beautiful reader!

Very good, very good, yay!



With all my love,
Nicole Pontelandolfo
Certified Laughter Yoga Teacher, International Laughter Ambassador, and
dear friend of TonkaBean and all living beings everywhere ♥

Ho ho ha ha ha!



我很高興能為東加豆撰寫這部互動式有聲故事書的序言。她是我所認識最善良、最具創作力的人之一。她的作品充滿創意、溫暖、療癒與愛心，這一點也不令人意外。

每一章都包含大笑瑜伽練習，打開一個充滿快樂與可能性的世界，邀請讀者與聽眾一起大笑、活動、呼吸、玩耍。透過故事與大笑瑜伽，這本書成為一種具教育性、互動性且令人振奮的體驗。

我們都用同一種語言大笑——那就是笑聲本身。而本書中英文與粵語的結合，正是透過快樂來連結文化、社群與人心。

除了閱讀，每一章也邀請你聆聽、練習，並全然投入當下。大笑是一種強大的生活技能，也是一種自然的健康方式。每一頁都溫柔地提醒我們：透過玩耍、呼吸與人與人之間的連結，我們能夠獲得療癒。

衷心恭喜東加豆，感謝她為大笑瑜伽運動付出努力，為世界傳播健康、快樂與世界和平。

向東加豆、創辦人Madan Kataria醫生，以及你——美麗的讀者——致上欣賞的大笑！

非常好，非常好，yay！

滿懷我的愛，



Nicole Pontelandolfo

認證大笑瑜伽教師、國際大笑大使、
東加豆及世上所有眾生的摯友 ♥

Foreword / 推薦序 Aliasgar Nagaria

A Journey of Laughter and Learning

It is a true joy to see this book, "Laughter Yoga 40 Foundation Exercises," come to life. Tonkabean is not just a dedicated Laughter Yoga Teacher from Hong Kong; she is a wonderful friend who is always ready to offer help and support to those around her. I fondly call her "Sooooooperwoman of HK"

I see so much of myself in Tonkabean. We share similar characteristics—a drive to grow, a heart for others, and the belief that a smile can change the world. This book is the beautiful result of her personal journey, from traveling to India for her Laughter Yoga Teacher Training to her sincere efforts in mastering English through storytelling.



What Tonkabean has created here is special:

A Personal Growth Story: This project began as her own way to practice English and Laughter Yoga.

Bilingual Connection: She has turned 40 core exercises into a bridge between languages, making learning "less painful" and much more joyful.

Authentic Heart: She has chosen to keep the "real growth" marks in this book, showing the honest evolution of her work.

A huge shout-out and congratulations to Tonkabean on this amazing achievement. Your commitment to spreading health and happiness is truly inspiring. I wish you all the success in the world with this book; may it bring as much laughter to your readers as you bring to those who know you.

Keep laughing, keep learning, and keep shining!

Fei Soeng Hou! Fei Soeng Hou! Haiaa!

Warmly,
Aliasgar Nagaria
Laughter Yoga Master Trainer, India



推薦序：笑聲與學習之旅

看到這本《大笑瑜伽四十個基礎練習》誕生，我由衷感到喜悅。東加豆不僅是一位來自香港盡心盡力的大笑瑜伽導師；她更是一位美好的朋友，總是樂於向身邊的人伸出援手、給予支持。我親切地稱她為「香港的女超人」。

我在東加豆身上看到了很多自己的影子。我們有許多相似的特質——追求成長的動力、關懷他人的心，以及相信一個微笑足以改變世界。這本書正是她個人旅程的美好成果，從遠赴印度參加大笑瑜伽導師培訓，到她透過說故事來努力精進英語，都在其中體現。

東加豆所創作的這份作品很特別：

一個個人成長的故事：這個計劃最初源於她自己練習英語和大笑瑜伽的方式。



雙語的連結：她將40個核心練習變成了一座連結兩種語言的橋樑，讓學習變得「沒那麼痛苦」且更加充滿歡樂。

真誠的初心：她選擇保留書中那些「真實成長」的痕跡，坦誠展現了她這份工作的演進過程。

我要向東加豆致以最熱烈的祝賀與歡呼，讚揚她這項了不起的成就。你致力於傳播健康與快樂的奉獻精神，真的非常鼓舞人心。我衷心祝願你這本書獲得全世界所有的成功；願它能為你的讀者帶來同樣多的笑聲，就如你為身邊的人帶來的一樣。

繼續笑，繼續學習，繼續發光發亮！

非常好！非常好！哈哈！



誠摯地，

Aliasgar Nagaria

印度大笑瑜伽高級培訓師

Blessings from Friends / 學員感言 (Alphabetical / 按字母排序)

If I had to describe my friend Tonkabean, I would think of an oyster holding a precious pearl within. She is a gentle and special Laughter Yoga teacher, and this can clearly be felt in her work and in the way she connects with people.



— Dr. Alik, "The Laughter Vet" (Greece/Germany)

如果要形容我的朋友東加豆，我會想起一隻孕育著珍珠的牡蠣。她是一位溫柔而獨特的大笑瑜伽老師，這一點，從她的作品和她與人相處的方式中，都能清楚感受到。

— Dr. Alik, 「大笑瑜伽獸醫」(希臘/德國)

Laughter Yoga 40 foundation exercises is not just a book; it's a journal of personal transformation where the author, with her humility, love, and devotion, touches your heart and, through our superpower of laughter, connects you with our purest essence... joy.

Thank you and congratulations to my dear sister of laughter and training partner Tonkabean, for this wonderful work.



—Jhon A. Ospina

Spain/Colombia (International Laughter Yoga Teacher)

《大笑瑜伽四十個基礎練習》不只是一本書，更是一趟個人轉變的記錄。作者用她的謙遜、愛與投入，觸動你的心，再透過我們最強大的超能力——笑聲，帶你連結回內心最純粹的本質.....喜悅。

謝謝你，恭喜你，我親愛的笑聲姊妹與練習夥伴東加豆，為了這份美好的作品



— Jhon A. Ospina

西班牙 / 哥倫比亞 (國際大笑瑜伽導師)



When I joined the online laughter yoga meetings in the international laughter club conducted by Laughter Yoga International I was not sure if I would feel the same happiness as I felt in the physical laughter yoga club. Thankfully I was wrong. The experience of Tonkabean from her first online Laughter Yoga class to joining online International Laughter Club and then writing this book on Laughter Yoga 40 foundation exercises proves that laughter yoga exercises can transcend and move across language, culture and geography. The only limit is your imagination. Is digital joy real joy? I encourage you to read the short stories that recount the initial resistance to doing the exercises. This resistance melts and is followed by the joy and pleasure of regular practice. You will find in these stories the transformation of Tonkabean from a sceptic to being a laughter yogi. There are hidden treasures in the heart. In this book you will find the keys to joy, happiness, and peace. Laughter yoga 40 foundation exercises are illustrated, explained, and beautifully conveyed in the form of short stories. This book is an excellent introduction to Laughter Yoga

— Kamal Lakhiani (India)

當初加入大笑瑜伽國際俱樂部的線上聚會時，我不太確定自己能否體會到像實體課那樣快樂。幸好，我錯了。

東加豆從第一次的線上大笑瑜伽課，到加入線上國際俱樂部，再到寫出這本《大笑瑜伽四十個基礎練習》，她的經歷證明，大笑瑜伽的練習是可以跨越語言、文化與地域的。唯一的限制，是你的想像力。

數位的快樂，是真實的快樂嗎？我鼓勵你去讀讀那些短篇故事，看看她一開始對練習的抗拒。那份抗拒後來融化了，隨之而來的，是規律練習帶來的喜悅與享受。在這些故事裡，你會看到東加豆從一個懷疑者，轉變為一位大笑瑜伽士。

內心深處埋藏著寶藏，而在這本書中，你會找到通往喜悅、快樂與平靜的鑰匙。四十個大笑瑜伽基礎練習，透過短篇故事的形式，被生動描繪、清楚解說，並美麗地傳達出來。這本書是認識大笑瑜伽一個很棒的入門。

— Kamal Lakhiani (印度)



Dear Tonkabeau ✨

Congratulations on this beautiful and meaningful work. Thank you for sharing this special creation with me 🌟

I feel honored to be part of this journey filled with joy, love, and human connection ✨

Your book is more than an audiobook — it is a bridge of laughter, learning, and transformation 😊

May it touch many hearts around the world and give people the courage to transform themselves through laughter, awakening more lightness, love, and healing in their lives 🌍🔄

With love and many laughs,

— **Maria Taborda** 🌟, **Laughter Yoga Teacher (Brazil)**

親愛的東加豆 ✨

恭喜你完成了這份美麗而有意義的作品。謝謝你與我分享這個特別的創作 🌟

能成為這段旅程的一部分，我感到很榮幸。這段旅程充滿了喜悅、愛，以及人與人之間的連結 ✨

你的書不只是一本有聲書——它是一座橋樑，連結了笑聲、學習與轉變 😊

願它觸動世界上許多人的心，帶給人們透過笑聲來改變自己的勇氣，在他們的生命中喚醒更多的輕盈、愛與療癒 🌍🔄

帶著愛與許多的笑聲，

— **Maria Taborda** 🌟，**大笑瑜伽導師 (巴西)**



Lots of wishes to our lovely Tonkabeau... you are very sincere and hard working.

— **Meera om a laughter leader (India)**

滿滿的祝福送給我們可愛的東加豆.....你非常真誠，也很努力。

— **Meera**，**大笑瑜伽帶領人 (印度)**

Tonkabeau, Meeting you in Bangalore for our LYT training was an absolute dream. I'll always cherish those 5 magical days! I'm so proud of you and your book—sending you endless blessings and love for this amazing new chapter.

—**Neila Azzouz BOY (France)**

東加豆，在班加羅爾的大笑瑜伽導師培訓中遇見你，簡直像夢一樣。那五個神奇的日子，我會永遠珍惜。我為你和你這本書感到驕傲——獻上無限的祝福與愛，給你這個精彩的新篇章。

— Neila Azzouz BOY (法國)

Stop waiting for life to make you happy.

That mindset is the problem.

Most people treat laughter as a reaction, something that comes after joy.

This book flips that idea completely.

My dear friend Tonkabean delivers a powerful truth: laughter is not the result of happiness... it' s the cause of it.

This is not just a collection of exercises.

It' s a disruption of how you' ve been conditioned to experience joy, emotions, and control.

If you' re ready to stop chasing happiness and start generating it, this book shows you how.

— Nizar Saab (UAE)



Master Life Coach | Founder of the Nizar Yoga Method | Laughter Yoga Teacher

不要再等著生活來讓你開心了。

問題就在於這種心態。

大多數人把笑當作一種反應，是快樂之後才會發生的事。

這本書徹底翻轉了這個想法。

我親愛的朋友東加豆，傳遞了一個強而有力的真相：笑不是快樂的結果.....而是快樂的原因。

這不只是一本練習手冊。

它顛覆了你被制約去體驗喜悅、情緒與掌控的方式。

如果你準備好不再追逐快樂，而是開始創造快樂，這本書會告訴你怎麼做。

— Nizar Saab (阿聯酋)

高級人生教練 | Nizar 瑜伽方法創始人 | 大笑瑜伽導師

Alooha Tonkabean 🌸

It is a true joy and blessing to witness this beautiful audiobook coming into the world in both English and Chinese.

Having shared the wonderful journey of Laughter Yoga Teacher Training together, I know how much love, passion, and heart has been poured into this project.

“Laughter Yoga Foundations – 40 Exercises” is more than an audiobook — it is a gift of joy, healing, and connection for people across cultures and languages. Your warmth, kindness, and dedication inspire everyone around you.

May this audiobook touch thousands of hearts and spread health, happiness, positivity, and heartfelt laughter around the world.

Wishing you endless success, inspiration, and beautiful blessings on this journey.
With love, laughter, blessing

From ♥ to ♥

— Paula from Poland (Laughter Yoga Teacher)

Alooha 東加豆 🍀

能親眼見證這本中英文雙語的美麗有聲書誕生，真的是一件既喜悅又有福氣的事。我們曾一起走過大笑瑜伽導師培訓這趟美好的旅程，所以我知道，這個項目裡投入了多少愛、熱情，以及真心。

——《大笑瑜伽基礎——

四十個練習》不只是一本有聲書，它是一份禮物，為不同文化與語言的人們帶來喜悅、療癒與連結。你的溫暖、善良與投入，也一直鼓舞著身邊的每一個人。願這本有聲書觸動千萬人的心，將健康、快樂、正能量以及真心的笑聲，散播到世界各地。祝福你在這趟旅程中，擁有源源不絕的成功、啟發與美好的祝福。

帶著愛、笑聲與祝福

從心 ♥ 到心

— Paula · 來自波蘭 (大笑瑜伽導師)



Tonkabeen its a laughter treasure that you've created. I am just loving exploring animated to listening to just experiencing the folder and pdfs of such amazing wonder as you are. Twinkle Twinkle Tonkabeen Star ★ 😊 I just wonder who you are!! HO HO HA HA

You indeed are the treasure and everything else you create follows and flows through you.

I am so happy knowing you and having met you in person.

Many hugs, laughter blessings and intentions for a laughter world peace 🙏 existence! I LOVE YOU, THANK YOU. Much love

— Shilpi Bhatiani 🍀 (India)

Laughter Yoga Teacher,

Life coach, Akashic Records Reader, Ho'oponopono Practitioner

東加豆，你創造的是一個笑聲寶藏。我很喜歡探索那些動畫、聆聽，還有感受那些資料夾與PDF——它們就像你一樣，充滿了驚奇與光彩。一閃一閃，東加豆之星 ✨ 🌍
我都在想，你到底是一個怎樣的人呢！

HO HO HA HA

你才是真正的寶藏，你所創造的一切，都因你而流動、而存在。

我很開心認識你，也慶幸能親身遇見你。

大大的擁抱，笑聲的祝福，以及對一個充滿笑聲與和平的世界的心願 🙏

我愛你，謝謝你。



滿滿的愛

— Shilpi Bhatiani 🌸 (印度)

大笑瑜伽導師、人生教練、阿卡西紀錄閱讀者、荷歐波諾波諾實踐者

Laughter Yoga introduction / 大笑瑜伽簡介

Laughter Yoga is an exercise that combines laughter with yoga breathing. It was started in 1995 by an Indian doctor named Dr. Madan Kataria. The main idea is very simple. You don't need a reason to laugh. You don't need jokes. You don't need a sense of humor.

In a Laughter Yoga class, people do "fake laughter" exercises together with deep belly breathing. At first, the laughter may not be real. But when you look at other people's eyes and hear their laughter, the fake laugh soon becomes real. Science has shown that the body cannot tell the difference between real and fake laughter. Both can help your body release endorphins, lower stress hormones, and improve your immune system.



Anyone can do Laughter Yoga. It does not matter if you like to laugh or not. It does not matter if you exercise or not. You can be young or old. You can do it sitting or standing. You can join online or in person. The only thing you need to bring is a willing heart to try.

大笑瑜伽是一種結合笑聲與瑜伽呼吸的運動，由印度醫生 Dr. Madan Kataria 於1995年創立。它的核心理念很簡單：笑不需要理由，不需要笑話，不需要幽默感。

在一堂大笑瑜伽課中，參加者會透過一系列「扮笑」練習，配合深層的腹式呼吸。起初的笑可能是假的，但當你看著其他人的眼神，聽著周圍的笑聲，假笑很快就會變成真笑。科學研究證實，人的身體分不出真笑與假笑，兩者同樣可以釋放安多酚、降低壓力荷爾蒙、提升免疫力。

大笑瑜伽適合任何人，無論你喜不喜歡笑、有沒有運動習慣、年輕或年老。你可以坐著做，也可以站著做。網上課堂或實體聚會皆可。最重要是，你只需要帶一樣東西來：一顆願意嘗試的心。



A Little Note to Readers / 本書用法

This conversation practice was first made for myself.

I used AI to help me. I practiced Laughter Yoga and learned English at the same time. I didn't think too much back then. I just wanted to understand it myself.

Later, these lessons turned into a book. I really want to share them with you, especially if you are interested in both Cantonese and English.

So, when you see some small differences in format—sometimes there are role labels, sometimes not; sometimes Chinese and English lines are not perfectly aligned—please understand that these are the "real growth" marks of this book. I choose to keep them, not to make everything perfect.



Just follow the audio, relax, and read with a smile.

Thank you for your understanding. I hope you like this simple but heartfelt work.

Tonkabean

給讀者的小小說明

這本對話練習，最初只是我做給自己用的。

我用AI輔助製作，一邊練習大笑瑜伽，一邊學英文。當時沒想太多，自己聽得懂就好。

後來，這些內容竟然變成一本書，我也真的想和大家分享，特別是對廣東話和英語兩者都感興趣的朋友。

所以，當你看到格式有些不一樣——有時有角色標記，有時沒有；中英文的排列也不完全統一——請理解，這些都是這本書「真實成長」的痕跡。我希望保留它們，而不是重新打磨成完美的模樣。

請你跟著聲音，放鬆心情，笑著讀就好。



謝謝你的包容，希望你喜歡這份樸素但用心的作品。


東加豆

Audio Guide / 音檔說明

This book has 40 audio files. Each file is for one exercise. Here is how each file is arranged:

First, a short story. The story idea comes from "Laughter Yoga: 40 Foundation Exercises." We read it in English first, then in Cantonese, one illustration, one song.


Next, bilingual dialogues (English & Cantonese). Then, bilingual sentence practice.

At the end, I want to laugh with you and listen with you. This completes one audio file. 

這本書有40個聲音檔案，每個檔案對應一個練習。內容編排如下：

首先是一個小故事，故事概念源自《大笑瑜伽四十個基礎練習》，先讀英文，再讀廣東話，一幅插圖，一首歌曲。

接著是中英文對話練習，然後是中英文句子練習。

最後，我希望陪住您笑，陪住您聽。這樣構成一個完整的音檔。 

目錄



1. My First Laughter
2. Fake it Till You Make it
3. Ready for Milkshake!
4. Cell Phone Laughter
5. Credit Card Bill Laughter



6. Just Laughing
7. Argument Laughter
8. One Meter Laughter
9. Lion Laughter
10. Gradient Laughter



21. Generosity Laughter
22. Laughter Juice
23. Food Blessing
24. Laughter Cream
25. Motorboat Laughter



26. Signature Laughter
27. Three Lung Lobes
28. Breathe Stretch and Laugh
29. Childlike Laughter
30. Aches & Pains

11. Hot Soup Laughter
12. Magic Fingers Laughter
13. Swinging Laughter
14. Appreciation Laughter
15. Apology Laughter
16. Laugh At Your Own Self
17. Electrical Shock Laughter
18. Silent Laughter
19. Guru Laughter
20. Oneness Laughter



31. Airport & Flight Laughter
32. Household Chores Laughter
33. Animal Kingdom Laughter
34. Sports and Games Laughter
35. Beauty Parlour Theme
36. Head On Belly Laughter
37. Bull's Eye Laughter
38. Centipede Laughter
39. Rowing Laughter



40. One-Minute Laughter for World Peace

About the Author / 關於作者

Tonkabeau, the person behind "Laugh, Live, and Write."

She lives in Hong Kong. She loves early mornings, exercise, swimming, listening to music, and watching movies. She starts each new day with laughter. She believes laughter can cross language barriers.

She loves writing and making audiobooks. Her works are available on Google Play Books, Amazon, Apple Books, and other platforms.

Website: <https://www.tonkabeau.me/>



東加豆，一個「笑住生活寫作課」的人。

居於香港。喜歡清晨、運動、游水、聽音樂、看電影，然後用笑聲展開新的一天，她相信笑聲可以跨越語言。

喜歡寫作、製作有聲書，作品發行於Google Play Books、Amazon、Apple Books等平台。

網站：<https://www.tonkabeau.me/>



Trial version / 試聽版

https://youtu.be/LiVcLs_VNh8



Apple

<https://books.apple.com/gb/audiobook/laughter-yoga-40-foundation-exercises-大笑瑜伽四十個基礎練習-laugh/id6774177568>

Bookmate

<https://bookmate.com/audiobooks/EC48tCYY>



Bol

<https://www.bol.com/be/fr/p/laughter-yoga-40-foundation-exercises/9300000293982468/>

Everand

<https://www.everand.com/audiobook/1042762423/Laughter-Yoga-40-Foundation-Exercises-大笑瑜伽四十個基礎練習-Laugh-Learn-English-Cantonese-笑住學英文-笑住講廣東話>

Google Play Book

https://play.google.com/store/audiobooks/details/Tonkabeen_Laughter_Yoga_40_Foundation_Exercises_大笑?id=AQAAAE6ySKJCM&hl=zh_HK



Kobo

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Storytel

<https://www.storytel.com/tv/books/laughter-yoga-40-foundation-exercises-大笑瑜伽四十個基礎練習-laugh-learn-english-cantonese-笑住學英文-笑住講廣東話-14442989>

Notice to Readers:

Some platforms do not provide the PDF text. If you purchased my book but did not receive the text (which contains the 40 exercises), please email me your purchase receipt. I will then email the file to you.