

0124 - Holiday Calendar Page - Belly Laugh Day

January 24 is Global Belly Laugh Day. - A single calendar page for planning your day.

Rating: Not Rated Yet

Price

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Manufacturer [Planners 4 Life](#)

Description

January 24 is Global Belly Laugh Day. - A single calendar page for planning your day.

Celebrate the Great Gift of Laughter

On January 24 at 1:24 p.m. (local time) smile, throw your arms in the air and laugh out loud.

24 hours a day, 7 days a week on the 7 continents.

World Laughter Day was created in 1998 by Dr. Madan Kataria, founder of the worldwide Laughter Yoga movement.^[2] Dr. Kataria, a family doctor in India, was inspired to start the Laughter Yoga movement in part by the [facial feedback hypothesis](#), which postulates that a person's facial expressions can have an effect on their emotions.^{[2][4]} The celebration of World Laughter Day is a positive manifestation for world peace and is intended to build up a global consciousness of brotherhood and friendship through laughter.^[3] It is most often celebrated by gatherings of people in public places with the sole purpose of laughing.^[2] Its popularity has grown exponentially^[when?] with that of the Laughter Yoga movement now counting thousands of Laughter Clubs in more than 105 countries.

World Laughter Day takes place on the first Sunday of May of every year.^[1] The first celebration was on January 10, 1998, in Mumbai, India, and was arranged by Dr. Madan Kataria, founder of the worldwide Laughter Yoga movement.^[2] positive and powerful emotion that has all the ingredients required for individuals to change themselves and to change the world in a peaceful and positive way.

The day is now celebrated worldwide.

To download this single day calendar planner for FREE, select add to your cart and register. That's FREE too and we will keep you updated on new products and access to more freebies.

Reviews

There are yet no reviews for this product.

