Subject: United in Laughter – Join us in shaping the Global Laughter Yoga Conference 2028

Dear laughter yogis around the world,

The Global Laughter Yoga Conference 2028 (GLYC 2028) will take place in Germany from June 30 to July 2, 2028. A kick-off online meeting will be held on December 6, 2026. Our goal is for as many laughter yogis as possible from around the world to contribute their ideas to the planning of GLYC 2028. Therefore, we ask that you share the text below—which includes all the necessary information about this kick-off event—with all your laughter yoga contacts. Thank you!

Any questions? Do not hesitate to come back to us.

Sandra and the organizational team of GLYC 2028

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--- to be shared: ---

Dear friends of laughter around the world,

From June 30 to July 2, 2028, laughter yoga people from all continents will come together at Yoga Vidya Bad Meinberg in the Teutoburg Forest, Germany, for the Global Laughter Yoga Conference Germany 2028. Our motto: United in Laughter.

What the conference is about

Three days of laughter yoga in all its variety: workshops, talks, practice sessions, exchange of experiences and plenty of time to meet each other. Laughter clubs, leaders, teachers, researchers and newcomers will share what laughter yoga makes possible in health, education, workplaces, communities and everyday life. Dr. Madan Kataria and Madhuri Kataria, the founders of laughter yoga, will be with us.

The conference continues a long tradition: since 2010, eight German Laughter Yoga Congresses have taken place, and in 2017 Germany hosted the first Global Laughter Yoga Conference.

Why we are doing this

Laughter connects us across languages, cultures and borders. In a time when many people feel divided, we want to create a space where we experience how close we are when we laugh together. The conference is meant to be a big celebration of laughter

between people from all over the world, a place to meet old friends, make new ones and strengthen our worldwide laughter community.

Shaping it together

The program and the side program are not fixed yet, and that is intentional. We want to develop the conference together with you and that`s why we meet for a kick-off. Every idea, wish and suggestion is welcome. Think of it as one big brainstorming: the more people contribute, the more the conference becomes ours, and that shared process is already part of the community we want to celebrate.

Kick-off: Online Networking and Brainstorming Day, Sunday, December 6, 2026

Online, in English, German, Spanish, some Japanese and other languages. Please let us know which languages you speak/need. The morning and afternoon follow a similar structure, so you can join whenever it suits your time zone, or stay all day.

All times in UTC:

Morning

08:00 AM International laughter session, opened by Dr. Madan and Madhuri Kataria

08:30 AM Where the conference stands now, with Thorsten and Sandra, plus Q&A

09:00/09:15 AM Breakout rooms (3 times for 30 minutes): your ideas on workshop topics, connection and side program, travel planning, and what the world needs from laughter yoga right now. Stay in one room or switch after each round.

10:45 AM Back together: thank you and laughter exercises from each room

11:00 AM Bio break

Afternoon

1:00 PM Where the conference stands now (for newcomers)

1:30 PM Laughter session

2:00 PM Breakout rooms: deepening and expanding the morning's ideas

3:30–4:30 PM Laugh Around the World

Please register so you can attend the kick-off. Registration:
https://lyud.de/en/connect.html

Laugh Around the World

To close the day, we board an imaginary plane and fly around the globe together, with laughter yoga leaders from many countries presenting laughter exercises, including Eser

Mutlu (Norway/Turkey), Joe Hoare (UK), Shifra Arwas (Israel), Christian Hablützel (Switzerland), Giselle Barthou (Uruguay), Carla Brown (USA), Fabrice Loizeau (France), Marnix Boscher (Netherlands), Antigoni Louca (Cyprus), Gabriela Leppelt-Remmel (Germany) and many more.

Good to know

Call for speakers is open: if you would like to offer a workshop or talk at Global Laughter Yoga Conference in 2028, you can already send us your application: https://lyud.de/de/anmeldung/speakerinfo.html

Registration is open: secure your place at the conference in 2028 now: https://lyud.de/de/anmeldung.html.

The conference fee is €295 (speakers attend free of charge). Accommodation and meals at the Yoga Vidya seminar house cost approx. €85 per night in a single room, €65 in a double room and €45 in a camper van or tent, each including two meals a day. Accommodation is booked together with your conference registration through us.

Last but not least

Please share this message with your laughter club, your network and everyone who loves to laugh. Every person who joins makes this celebration richer.

We look forward to laughing with you!

Warm regards,

Sandra Mandl

on behalf of the organizing team

Global Laughter Yoga Conference Germany 2028

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