



Linda Leclerc
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When was the last time you laughed?

An honest-to-goodness belly laugh. Linda Leclerc can teach you a technique and have you laughing in just under 10 seconds! She's North America's leading expert when it comes to all things laughter and the benefits it provides.

Facts

4138 hours of lectures/workshops (in English and French)

759 hours of facilitation for the Laughter Club

86 facilitator trainings offered since 2005 as a Laughter Yoga Teacher

114 monthly television features on the benefits of laughter

68 radio interviews

32 articles published in magazines on the benefits of laughter

20 years of laughter yoga practice, 14 of which on a full-time basis

19 presentations at national and international laughter yoga conferences

5 online self-coaching and wellness programs and audio CDs

2 audio podcasts with over 7000 subscribers

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1 phone and tablet app; the first ever

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2 seasons of Laughter Yoga on Rogers TV

The hilarious laughing lady on TikTok

Since 2003, she's laughed and worked with thousands of organizations, businesses, and groups, sharing her contagious laughter and her approach to laughing with intention.

Whether she's challenging Kate Hudson to a "laugh off" on TikTok, featured on a nationally syndicated French TV game show (les 12 coups de midi) or just laughing herself out of a traffic jam nightmare... Linda has made laughing not just her business, but a way of life.

A regular on the media guest scene, if she's not making radio and TV hosts and their listeners LOL, you'll find her hosting "intentional laughter" conferences where people from all walks of life can learn about the benefits of laughter and Linda's approach.

Today on TikTok, you can find Linda challenging you to a laugh off, with more than **2 millions likes...**



193K

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641.7K

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Kate Hudson

An exercise to change your mood #duet #yogadurire

Astuce pour déclencher son rire #mcflyetcarlito #pourtoi # fyp