

FOR IMMEDIATE RELEASE

Carla H. Brown

livingfromjoy@gmail.com

806-392-5768

<https://livingfromjoy.com/>

Santa Cruz, CA June 5, 2023 - Carla H. Brown, local Santa Cruzan, is celebrating her recent victory as the new 2023 World Laughter Champion.

“I’m so excited to have won this incredible title! And I’m deeply grateful to the worldwide laughter community, Dr. Kataria and all the leaders, teachers and trainers spreading the powerful medicine of laughter. It’s an honor to be a part of this global laughter family, and to be an international ambassador carrying the message of the healing capacity of laughter.”

Brown’s enthusiastic display of laughter challenges, including Diabolical Laugh, Sexiest Laugh, ROFL, and Contagious Laughter, helped her to win the title. “I’ve been teaching and practicing these tools for so long, it’s a part of me now.”

Brown’s unparalleled presentation of Crying Laughter, an exercise where participants go from crying to laughing in 45 seconds, was a realistic depiction of the work she does on a regular basis, helping people move through hard emotions with Laughter.

Brown's passion for feeling more joyful, stems from the trauma and neglect she went through in her childhood, causing her to feel highly stressed and anxious as an adult. As a result, she sought out practices to help her to feel more joyful and ease her internal struggle. Using techniques such as Laughter Yoga and Grief Yoga®, she learned how to raise herself out of the circumstances of her past. She has since dedicated her life to helping others heal from difficulties and find more joy and inner peace.

She has moved through countless physical challenges by using her joy and laughter practice to balance her mental and emotional health.

As a trailblazing laughter yogi on the path of joy for over 15 years, Brown’s groundbreaking practice of Laughter and Grief Yoga®, provides a safe and

supportive environment for individuals to safely explore their emotions, connect with their inner selves, compassionately move through grief, and reclaim well-being.

Through a combination of laughter exercises, deep breathing techniques, and cathartic movements to release grief, participants can experience a transformative journey that nurtures emotional resilience, reduces stress, and enhances overall vitality.

She has brought these innovative practices to many different groups and organizations in the last 15 years, including schools, universities, hospitals, senior living facilities, mental health departments, hospice, and high-tech companies.

Additionally, she has been part of a formal study on the use of therapeutic laughter to help with the management of kidney disease.

For media inquiries, Contact: The World Laughing Championship

For media inquiries or interview requests, please contact:

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Note to editors:

Carla H Brown is available for interviews and speaking engagements to share her expertise and insights on healing with grief, joy, laughter and mindfulness. High-resolution photos and additional background information are available upon request.

www.instagram.com/laughterjoycoach

<https://www.facebook.com/carlajoygirl/>

_YT: <https://www.youtube.com/channel/UCUrKyn8DnetRfQgAueGHwOA>

_Meetup: <https://www.meetup.com/Santa-Cruz-Laughter-Yoga/>

World Laughter Championship Website:

<https://www.worldlaughingchampionship.com/>

World Laughter Championship Facebook:

<https://www.facebook.com/groups/157650417651217/>

_Post of Carla:

<https://www.facebook.com/photo/?fbid=10159876008095185&set=gm.4978764315539779>