

### **Who is Linda.**

- 2485 hours as a speaker or workshop facilitator (English and French)
- 558 hours running a Laughter Club
- 49 monthly TV segments on the benefits of laughter
- 8 TV reports on The School of Laughter Yoga, on Linda or on events
- 32 radio interviews
- 19 articles published in magazines
- 14 national TV interviews
- Presented at 15 national and international Laughter Yoga Conferences
- 1 book published (Guy Trédaniel Éditeur) and on in the Making (Édition de Mortagne)
- 3 audio CDs
- 2 online self-coaching programs
- 1 online wellness program (25 days of Smiling Presence)
- 1 App for iPhone/Android and iPad (English and French)
- 2 audio podcasts (L'Élément JOIE / The JOY Element) with over 2500 subscribers
- 2 YouTube channels with over 1500 subscribers
- 54 Laughter Yoga Leader and Teacher trainings offered since 2005
- 8 themes conferences / workshops
- 10 weekend retreats “Health, Laughter and JOY”
- 17 years of Laughter Yoga Practice – 11 years full time in the business
- Creator of the online network “Urgence Rire” to support people during pandemic
- Instigator of *The Laughter Brigade*<sup>tm</sup>
- Founder of an international community The HAHA Sisterhood
- For 13 years, close collaborator of the founder, Dr Madan Kataria, in the development of tools and material of Laughter Yoga in French since 2005 (translating the book “Laugh for No Reason”, of the playing cards “In the Bedroom”, guides, manuals and several versions of the website)
- 2-time recipient of the Laughter Ambassador Awards
- 5 HAPPY RENDEZ-VOUS major events

### **Fun stuff about Linda**

- The shortest presentation: 10 minutes
- The largest group: 1200
- The most KM traveled by car in a month: 7134km (5000miles)
- The most “subtle” place where she gave a lecture: in a lavender field
- The strangest place: One day of snow storm, via ZOOM, from her cellphone installed on the trunk of her car with a tripod, parked in a residential area, outside and feet in 1 foot of snow, under the stunned gaze of snow removal workers and residents! A great success!