



Sebastien Gendry

Your Expert Of Choice In Laughter, Wellness

As Seen On:



Sebastien Gendry Biography

Sebastien Gendry is a France-born American expert in laughter for wellness and wellbeing.

A work-related burnout and ensuing journey towards recovery led him to discover and fall in love with the world of laughter in the early 2000s. He then played a major role in introducing Laughter Therapy in North America, Russia, and other countries.

He was one of the first 4 master Laughter Yoga trainers in the world and directly inspired the creation of 100s of Laughter Clubs worldwide.

His proudest laughter achievement is the creation of Laughter Wellness, a complete wellness and well-being workout.

An international speaker, trainer and consultant he has been offering a variety of laughter programs every year on three to four continents for the past decade and continues to do so. He is fluent in English, Spanish and French, and conversational in German.

Sebastien encapsulates and shares the power of positive and playful energy and creativity. His authentic and engaging style motivates and empowers audiences with practical tools they can use to better their health and quality of life. This is so much more than being “not sick.”

He has appeared on the Oprah Winfrey Show, TEDx, 60 minutes, ABC Good Morning America, National Public Radio and many more national media in the USA and abroad.

He is the Founder and CEO of the Laughter Online University a leading provider of eLearning solutions on Laughter Therapy with currently students in 82 countries, and The Laughter Consultants, LLC, a team of professional wellbeing experts based in Laugh Angeles, California.