



# CERTIFIED LAUGHTER YOGA LEADER TRAINING APRIL 2020

The training consists of a 2-day workshop during which you will gain this qualification led by a qualified Laughter Yoga Teacher based on the tradition of Dr Madan Kataria, founder of the Laughter Yoga Movement. This is an internationally recognised qualification:

#### **Dates:**

**Saturday and Sunday, 4 and 5 April 2020**

**Times: 9.00 am to 4.30 pm each day**

**Venue: Wordsley Community Centre, The Green, Wordsley, STOURBRIDGE, DY8 5BN**

**Cost: £250.00 per person - payment required at time of booking ((£195.00 early bird fee if booked by Friday, 27 March 2020)**

Bring along with you a willingness to laugh for no reason, child-like playfulness, an open mind and a big, warm heart.

For more information and a booking form, contact:

'Merrie Maggie' Thompson on 07565 218567 or email:

[maggie@merriemaggie.co.uk](mailto:maggie@merriemaggie.co.uk)

See website:

[www.merriemaggie.co.uk](http://www.merriemaggie.co.uk)

## **LAUGHTER ENRICHES YOUR BODY AND SOUL**

Laughter Yoga helps you feel an overwhelming sense of exhilaration, peace, calm and goodwill towards everyone around you. Maybe you will feel as I did, that it will make you want to know more about this activity for your own personal development or you may want to share the experience and become a Laughter Yoga Leader yourself. I offer you the opportunity to undertake:

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- What you will get:
  - 65-page Laughter Yoga Leader Manual
  - Laughter Yoga Leader Certificate
  - 6 months [www.laughteryoga.org](http://www.laughteryoga.org) Prozone access (full profile and listing available for paid membership)
  - A memory stick containing vital information, resource documents and links to videos
  - Continued support after your training to ensure you reach your laughter goals
  - Opportunity to become Accredited through the Federation of Holistic Therapists (FHT) and UnitedMind Ltd

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- During the training you will:
  - Gain an understanding of the need for Laughter Yoga
  - Learn how the idea and concept of Laughter Yoga originated
  - Learn the basic guidelines for a Laughter Yoga session
  - Gain knowledge of the benefits of Laughter Yoga as well as the risks
  - Learn how to present Laughter Yoga
  - Practice a minimum of 40 Laughter exercises
  - Receive guidance about how to start a Laughter Club
  - Receive guidance how to start your own Laughter business
  - **Complete a written and practical assessment in order to achieve the qualification**
  - .... And much more