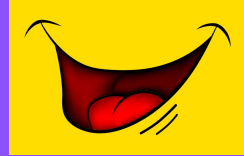




LAUGHTER YOGA BASIC SKILLS OCTOBER 2020



This Continuing Personal Development workshop consists of 4 weekly sessions lasting 1.5 hour each

Dates:

Mondays, 5, 12, 19 and 26 October 2020

Times:

7.00 pm to 8.30 pm

Venue:

Online via Zoom

Cost: £120.00 per person - payment required at time of booking (£90.00 early bird fee if booked by Monday, 28 September 2020)

For more information and a booking form, contact: 'Merrie Maggie' Thompson on 07565 218567 or email:

maggie@merriemaggie.co.uk

See website:

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. I offer you the opportunity to undertake this Basic Skills Workshop:

What you will get:

- 67-page Laughter Yoga Basic Learning Manual
- Basic understanding of the concept and benefits of Laughter Yoga
- Laughter Yoga Basic Learning Certificate of Attendance

During the training you will:

- Gain an understanding of the concept and philosophy of Laughter Yoga
- Reasons and benefits
- Undertake a full Laughter Yoga session including exercises, deep breathing, meditation and relaxation
- Discussion and research evidence
- Daily routine and laughing alone
- Cultivating 4 elements of joy
- How to get involved in Laughter Yoga and bring more laughter into your life and much more

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