



# LAUGHTER YOGA BASIC SKILLS JANUARY 2021



This Continuing Personal Development on-line workshop consists of 6 x 1 hour sessions via **Zoom**.

## Dates:

**Mondays 11, 18 + 25 and  
Wednesdays 13, 20 + 27  
January 2021**

## Times:

**7.00 pm to 8.00 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, 4 January 2021)**

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

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What you will get:

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

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During the training you will:

- Gain an understanding of the concept and philosophy of Laughter Yoga
- Reasons and benefits
- Undertake Laughter Yoga practice sessions 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.