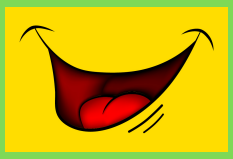
CERTIFIED LAUGHTER YOGA LEADER TRAINING OCTOBER 2022



This consists of a 2-day training 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, 15 October 2022 + Sunday, 16 October 2022

Times:
10.00 am to 4.30 pm

Venue:
Wordsley Community Centre, The Green, Wordsley, Stourbridge, DY8 5BN

Cost: £225.00 per person - payment required at time of booking (£195.00 early bird fee if booked by Friday, 7 October 2022)

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 or you may want to share the experience and become a Laughter Yoga Leader yourself. I offer you the opportunity to train to become a Certified Laughter Yoga Leader.

What you will get:

- 65-page Laughter Yoga Leader Manual
- Six months Prozone access to www.laughteryoga.org (full profile and listing available for paid membership)
- 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

During the training you will:

- Gain an understanding of the need for Laughter Yoga
- Learn how the idea and concept of Laugher 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 Yoga club and business
- Complete a written and practical assessment in order to achieve the qualification
- ..... And much more

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