



LAUGHTER YOGA BASIC SKILLS FEBRUARY 2024



This Continuing Personal Development Workshop consists of 4 weekly online sessions lasting 1.5 hours each.

Dates:

Tuesday's: 6, 13, 20 and 27 February 2024

Times:

7.00 pm to 8.30 pm

Venue:

Online via Zoom

Cost: £125.00 per person, payment required at time of booking (£95.00 early bird fee if booked by Tuesday, 30 January 2024)

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:

- 122-page Laughter Yoga Leader Basic Learning Manual
- Basic understanding of the concepts 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 for doing it and Benefits
- Undertake full Laughter Yoga sessions including exercises, deep breathing, laughter meditation and grounding relaxation.
- Research evidence and discussion
- Daily routine and laughing alone
- Cultivating 4 elements of joy - Singing, dancing, laughing and playing
- 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.