



LAUGHTER YOGA LEADER TRAINING MARCH 2024



This consists of a 2-day training during in which you will gain the 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, 23 March 2024 +
Sunday, 24 March 2024**

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,
15 March 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 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:

- 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 Yoga club and business
- Complete a written and practical assessment in order to achieve the qualification

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