

## 2-DAY CERTIFIED LAUGHTER YOGA LEADER TRAINING



## WHAT IS LAUGHTER YOGA?

Laughter Yoga is a combination of playful exercises with handclapping combined with deep breathing techniques known from Yoga Row-the-Boat Laughter at Leader Training



## During the training you will:

- Gain an understanding of the need for Laughter Yoga
- Learn how the idea and concept of Laugher Yoga originated

Cost: £225.00 per person payment required at time of booking (£195.00 early birdfee if booked by Friday, 15 March 2024.)

- 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

## **Dates:**

Saturday, 23 March 2024 + Sunday, 24 March 2024 Times: 10.00 am to 4.30 pm

Venue:

Wordsley CommunityCentre, The Green,Wordsley, Stourbridge, DY8 5BN

<u>https://www.merriemaggie.co.uk/training</u> <u>maggie@merriemaggie.co.uk</u>

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