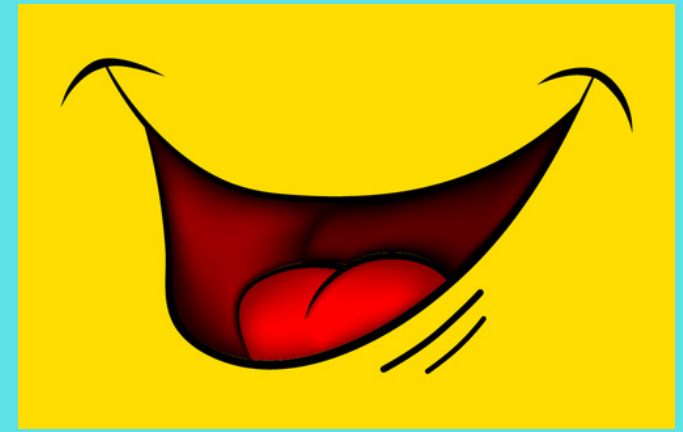
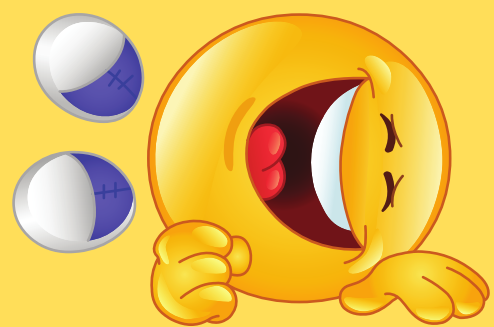




# LAUGHTER YOGA BASIC SKILLS



Laughter Yoga is a combination of playful exercises with handclapping combined with deep breathing techniques known from Yoga



Celebrating World Laughter Day via Zoom

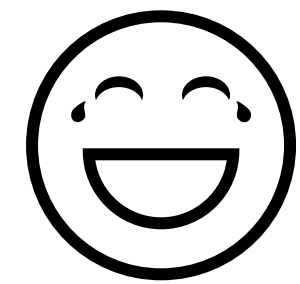
During the workshops you will:

- Gain an understanding of the concept and philosophy of Laughter Yoga
- Reasons for doing Laughter Yoga 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, childlike playfulness, an open mind and a big, warm heart.

**Cost:**

**£130.00 per person**  
**payment required at**  
**time of booking**  
**(£100.00 early bird**  
**fee if booked by**  
**Wednesday,**  
**29 January 2025)**



**Dates:**

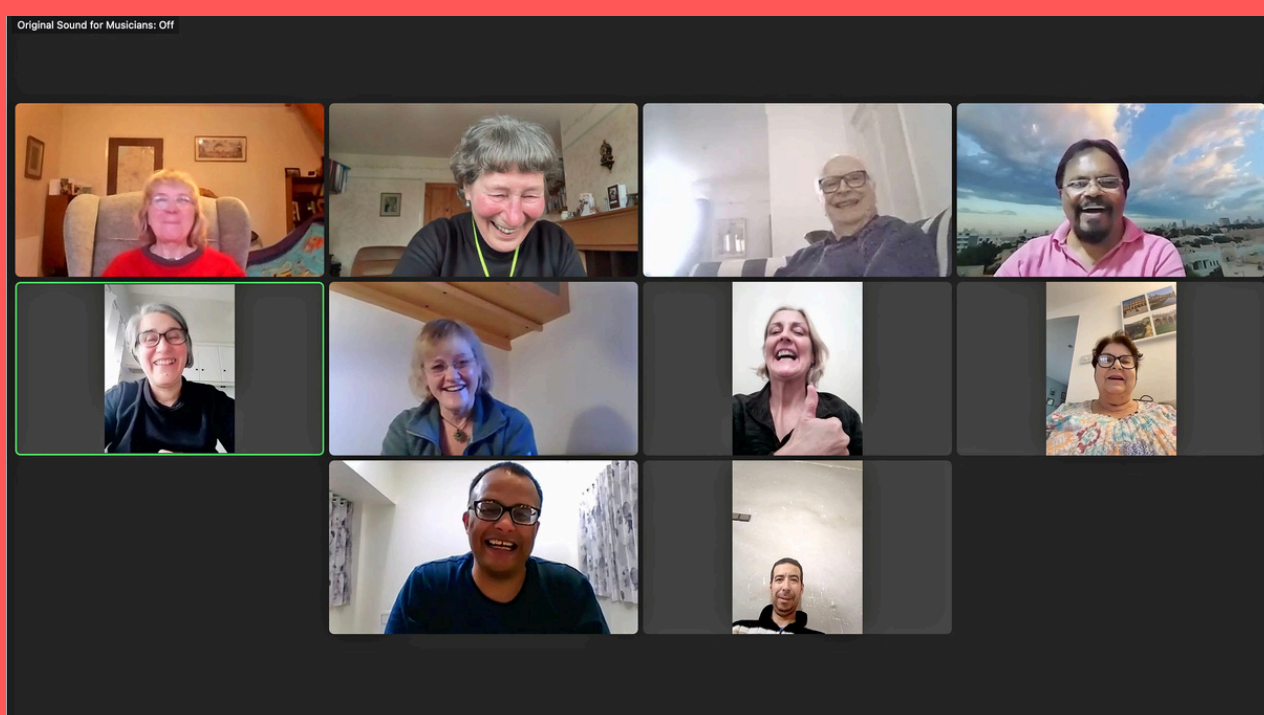
**Weekly sessions**  
**Wednesday, 5 February 2025 to**  
**Wednesday, 26 February 2025**

**Times:**

**19:00 hrs to 20:30 hrs**

**Venue:**

**All sessions online via ZOOM**



Laughter Yoga session on Zoom

<https://www.merriemaggie.co.uk/training>

[maggie@merriemaggie.co.uk](mailto:maggie@merriemaggie.co.uk)