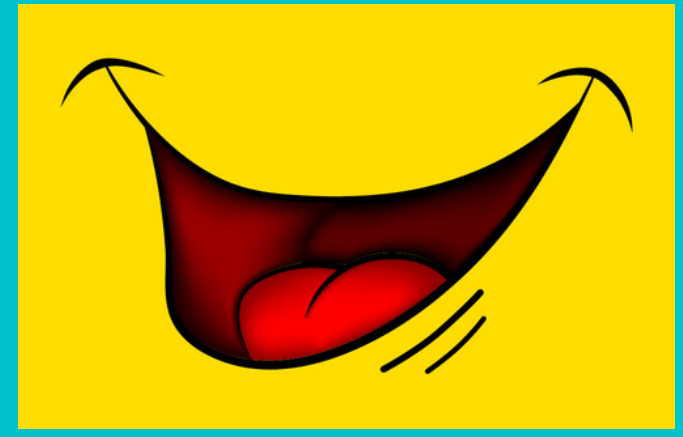




2-DAY CERTIFIED LAUGHTER YOGA LEADER TRAINING



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 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



Cost:

**£330.00 per person
payment required at
time of booking
(£275.00 early bird fee
if booked by
Friday, 14 March
2025.)**



Previous New Leaders

Dates:

**Saturday, 22 March 2025 +
Sunday, 23 March 2025**

Times:

10.00 am to 4.30 pm

Venue:

**Wordsley Community Centre,
The Green, Wordsley, Stourbridge,
DY8 5BN**

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