

# LAUGHTER YOGA LEADER TRAINING

With Hannah Airey

**When: 28-29 September 2024**

**Time: 9.00am - 4.30pm Saturday and Sunday**

**Where: Mary Potter Community Centre, 442 Durham St North, St Albans, ChCh**

**Price: \$450 Limited spaces available**

## What is this?!

This experiential (and often life-transforming) workshop is ideal for personal development and anyone interested in running a Laughter Yoga group (certification upon completion of workshop).

## Course outline

Over this 2 day transformational workshop, we will be covering:

- Laughter Yoga: history, concept, philosophy
- Health benefits of laughter
- Stress, anxiety and laughter
- Laughter session(s)
- Laughter Leader facilitation skills
- How to start a community laughter club
- Laughing alone; with mental health support groups; in aged care facilities; people with addictions; people with disabilities; and schools
- Relaxation techniques (diaphragmatic breathing, progressive muscle relaxation, mindfulness)

## At the end of this workshop you can:

Start a community Laughter Club	Take laughter into aged care	Share laughter with people with disabilities
Take laughter into workplaces	Share with clients	Take laughter groups for mental fitness
Share with prisoners	Take laughter into domestic violence centres	Share laughter with people in recovery

**Or just immerse yourself for personal development!**

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