



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 and how you can use it in your every day life.

I offer you the opportunity to undertake:

Laughter Yoga Basic Learning Workshop

Dates: Sunday, 9 April 2017
Times: 9.00 am to 4.00 pm
Venue: Elysia Therapeutic Centre, 52 Bowling Green Road, Stourbridge, DY8 3RZ
Cost: £125.00 per person - payment required at time of booking
(£95.00 early bird fee if booked by Friday, 31 March 2017)

The training consists of a 1-day workshop during which you will receive

- 67-page Laughter Yoga Basic Learning Manual
- Laughter Yoga Basic Learning Attendance Certificate
- Basic understanding of the concept and benefits of Laughter Yoga

During the training you will:

- Gain an understanding of the concept and philosophy of Laughter Yoga
- Reasons and benefits
- Undertake a full Laughter Yoga session including exercises, deep breathing, meditation and relaxation
- Discussion and research evidence
- Daily routine and laughing alone
- Cultivating 4 elements of joy
- How to get involved in Laughter Yoga and bring more laughter into your life
- and much more

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

For more information and a booking form, contact 'Merrie Maggie' Thompson on 07565 218567 or email: maggiet1951@googlemail.com.

See website: www.merriemaggie.co.uk