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 or you may want to share the experience and become a Laughter Yoga Leader yourself.

I offer you the opportunity to undertake:

Certified Laughter Yoga Leader Training

The training consists of a 2-day workshop during which you will gain this qualification led by a qualified Laughter Yoga Teacher based on the tradition of Dr Madan Kataria, founder of the Laughter Yoga Movement. This is an internationally recognised qualification:

Dates:	Saturday and Sunday, 29 and 30 April 2017
Times:	9.00 am to 4.00 pm each day
Venue:	Wordsley Community Centre, The Green, Wordsley, Stourbridge, DY8 5BN
Cost:	£225.00 per person - payment required at time of booking (£175.00 early bird fee if booked by Friday, 21 April 2017)

What you will get:

- 118-page Laughter Yoga Leader Manual
- Laughter Yoga Leader Certificate
- 6-months ProZone access documentation (full profile and listing available for paid membership)
- continued support after your training to ensure you achieve your laughter goals

During the training you will:

- gain an understanding of the need for Laughter Yoga
- learn how the idea and concept of Laughter Clubs originated
- study the basic guidelines for a Laughter Session
- gain knowledge of the benefits of Laughter Yoga as well as the risks
- learn to present Laughter Yoga
- find out how to start a Laughter Club
- find out how to start your own Laughter business
- practice a minimum of 40 laughter exercises
- **complete an assessment in order to achieve the qualification**
- ….. 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