

Laughter Yoga

Certified Leader Training

September 26-28, 2014

Assisi Heights in Rochester, MN



Want to become a Certified Laughter Club leader?
Want to learn how to integrate more laughter into your own life?

Join Ann Marie Gullickson and Deb Olson for this unique weekend training workshop that just might change the way you live! All over the world Laughter Yoga is becoming known and sought after.

Laughter Yoga training is for you if you want to:

- « Incorporate laughter into workshops and classes you already teach
- « Incorporate the health benefits of laughter into healthcare programs for patients with cancer, respiratory issues, depression, or other illnesses
- « Create a work environment that's positive, productive and creative
- « Present Laughter Club workshops in schools or businesses
- « Lead Laughter Club sessions in social clubs and senior centers
- « Have fun, make new friends, and laugh - a lot!

Laughter Yoga training is highly recommended for:

- « Healthcare practitioners, mental health counselors and health coaches
- « Fitness & yoga instructors
- « Educators and those working with seniors and children
- « Health ministry or other caring vocations
- « Human resource personnel and corporate trainers
- « Anyone who wants to spread the benefits of laughter

Everything you need to be a Certified Laughter Yoga Leader is covered in this 3-day training

- « History and benefits of Laughter Yoga
- « Laughter Yoga exercises - you'll practice over 100 of them!
- « Facilitating Laughter Yoga for seniors, children, and businesses
- « Solo laughter
- « Yogic breathing techniques
- « Access to online listing at laughteryoga.org
- « Practice, practice, and more practice!

Earn lifetime certification as a Laughter Yoga Leader by enrolling in this workshop to be held:

| | |
|--------------------|-------------|
| Friday, Sept. 26 | 6 pm - 9 pm |
| Saturday, Sept. 27 | 9 am - 5 pm |
| Sunday, Sept. 28 | 9 am - 1 pm |

The tuition is \$295* and includes all instruction to certify you as a Laughter Yoga leader including a comprehensive laughter manual, marketing aids and a full color diploma professionally printed with your name.

Also included is lunch on Saturday and plenty of fun snacks.

Nursing CEUs provided.

For more information, go to:
www.iamlivingalive.com

Contact deb@iamlivingalive.com
or annmariegullickson@yahoo.com.

*The tuition amount is the international standard for this course, set by Laughter Yoga International.

**Live to Laugh!
Laugh to Live!**