

**Become a Certified Laughter Yoga Leader
Spread the Health Benefits of Laughter Within Your Community and
Organization!**

**June 25-26, 2022 In-Person (Must Be Vaccinated!)
Limited to 4 Registrants. 9AM-4PM each day, in San Jose.**

**Training by Carole Holcomb, Certified Laughter Yoga Teacher (CLYT) and
Laughter Ambassador.**

The exact location provided once registration is completed.

Laughter Yoga was created in 1995 by Dr. Madan Kataria, a medical doctor in India. He was interested in researching the benefits laughing has on our bodies and Laughter Yoga began! Laughter Yoga is now practiced in over 100 countries.

Who should attend? Anyone who wants to bring more Laughter to their Community:

- Workplace—studies have shown Laughter Yoga can ease stress, increase productivity
- Health care—Laughter Yoga is practiced in many hospitals for a variety of patients: cancer, Parkinson's, heart to name a few
- Police, fire departments—Laughter Yoga is practiced by First Responders throughout the World Seniors—helps to ease pain, depression
- Teachers—studies show Laughter Yoga can increase teacher/student rapport and productivity
- Therapists—Laughter Yoga elevates moods by releasing feel-good endorphins
- Or just because you want more Laughter in your life!!

During the two-day Certified Laughter Yoga Leader Workshop you will learn:

- How to lead a Laughter Yoga session
- The health benefits of Laughter
- Breathing and relaxation meditations
- How to combine Laughter Yoga and meditation
- Many Laughter Yoga exercises
- To Create your own Laughter Yoga exercises
- Solo Laughter
- How to laugh online
- Laughter Yoga exercises for specific Communities
- How to market Laughter Yoga to your Community

Once registered you will receive for download: Laughter Yoga Training Manual Dr. Madan Kataria's e-book, Laugh for No Reason Resources and information to help you be a successful Laughter Yoga Leader