

This is likely to be *the most fun* training you will ever sign up for!

- Learn the history behind the Laughter Yoga movement.
- Learn a repertoire of Laughter Yoga techniques you can use in personal and professional life.
- Find out how to set up and lead your own Laughter Club.
- Discover the physical, mental, emotional and societal benefits Laughter Yoga offers.
- Learn how laughter relieves stress and builds physical & emotional resilience.

Training Includes:

- Official Laughter Yoga International University Training Manual
- Laughter Leader Certification
- 6-month free access to Official Laughter Yoga Prozone-Continued Education site
- Dr. Kataria's e-book (founder of Laughter Yoga – est. 1995)
- 30 minutes post-training coaching

This course is ideal for individuals looking to bring more Laughter into their lives and the lives of others. The course is also suitable for individuals, groups and businesses looking to boost organizational cohesiveness and morale.

Master Trainer: Sylvie Dagenais-Douville: Professional laughter yoga Master Trainer Sylvie Dagenais-Douville has been promoting laughter as a proven method to help cope with stress and anxiety, promoting a healthier and more positive lifestyle.

Website: <https://www.laughterinstitute.ca/>