

# LAUGHTER YOGA

## *Certified Leader Training*

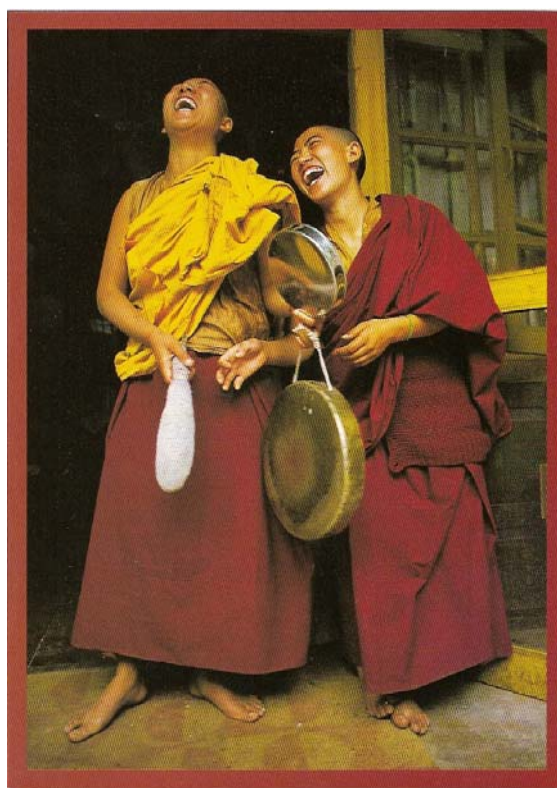
**Saturday and Sunday June 7 to 8 10 a.m – 4 p.m.**

You will master intentional laughter techniques, yogic breathing & easy stretches

Become certified to share the benefits of pro-active laughter

### Benefits of Laughter:

- Relief of stress, anxiety, pain, depression
- Enhanced immune system
- Improved respiration, circulation, digestion, elimination
- Stronger self-confidence, improved relationships
- Develop an overall sense of relaxation, peace & happiness



Includes experiencing “Laughter Meditation” where laughter arises spontaneously, bubbling up freely like a fountain

Special sections on working with: Seniors, Children, Disabled Populations

Bringing laughter to businesses & the workplace to relieve stress, boost creativity, increase productivity and assure employee satisfaction

Marketing secrets: making a living in the world of laughter

*Attendee’s are:* nurses, doctors, therapists; corporate presenters, stress relief consultants, public speakers; yoga / exercise teachers, T’ai Chi instructors, body workers,

or anyone who is, works with, or *knows* anyone who is ever “stressed out”

Presented at the Creativity Center in Laguna Beach, California

~~150-250~~ sliding scale, includes Instruction Manual and Certification

Info/Reservations: **(949) 376-1939**

[www.LYInstitute.org](http://www.LYInstitute.org)

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Instructor Jeffrey Briar is Director of The Laughter Yoga Institute, and is fully authorized by The Dr. Kataria School of Laughter Yoga

You will receive a Diploma and become a “Certified Laughter Yoga Leader”