



# LAUGHTER YOGA



## *Certified Leader Training*

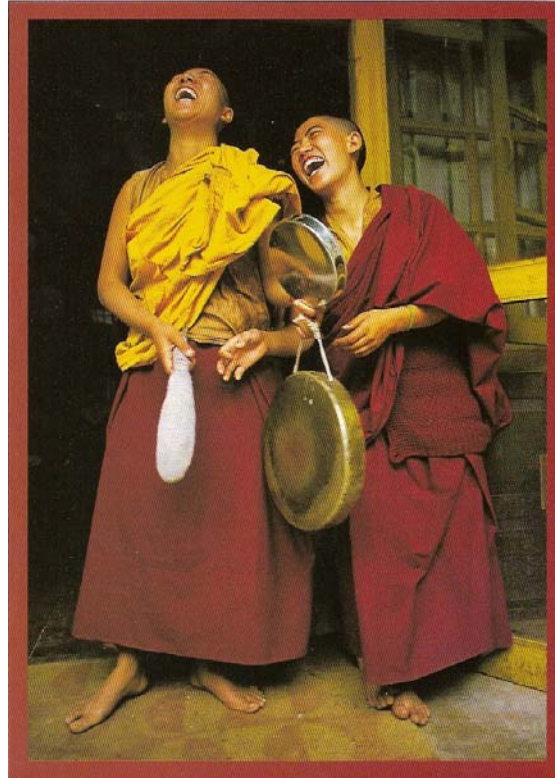
### **Two Days (seven hours daily)**

*Share the Benefits of Laughter for Health*

Learn to teach intentional laughter techniques, yogic breathing & easy stretches

#### Laughter Benefits:

- Relieve stress, anxiety, pain, depression
- Enhance immune system function
- Improve respiration, circulation, digestion, elimination
- Strengthen self-confidence, improve relationships
- Aid overall sense of peace and happiness
- Reclaim your childlike joyfulness



#### Training Includes:

- Laughter Meditation: laughter arises spontaneously, bubbling up freely like a fountain
- Working with: Seniors, Children, Teens, Disabled
- Laughter in the workplace to relieve stress, boost creativity; increase productivity & employee satisfaction
- Making a living in the world of laughter

**Laughter Yoga Institute Exclusives:** Warm-Up the Voice, Effective Press Releases, Get on TV, Develop a Solo Laughter Practice; Supervised Personal Leadership Practice with the most experienced Laughter Exercise Leaders in the western world

Attendees are nurses, doctors, therapists; corporate presenters, stress relief consultants, public speakers; yoga/exercise/T'ai Chi teachers, body workers; and anyone who is ever stressed out

**\$195-295 sliding scale, includes comprehensive Training Manual, Marketing Aids and Certificate**

**Phone (949) 376-1939**

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

Email: [info@LYInstitute.org](mailto:info@LYInstitute.org)

Instructor Jeffrey Briar is Director of The Laughter Yoga Institute  
This program is fully authorized by The Dr. Kataria School of Laughter Yoga  
You receive a Diploma and become a "Certified Laughter Yoga Leader"