

**Laughter Yoga Leader training and
Wellness Workshop**
30-31 March 2019
9.30am to 4.30pm
Urban Eden, 296 Barbadoes St, Christchurch



This experiential (and often life-transforming) workshop is ideal for personal development and anyone interested in running a Laughter Yoga group (certification upon completion of workshop). A combination of positive psychology, the Five Ways to Wellbeing and how to access unconditional laughter is taught, to give participants valuable tools for every day life.

Laughter is our body's natural antidote to stress. When we laugh it stops the fight and flight response, lowering cortisol and adrenaline levels, increasing endorphins and serotonin. Laughing helps remove stress, tension and trauma.

Laughter "Yoga" is a deceptively simple yet very powerful form of exercise, combining laughter exercises with yogic breathing (quite different from traditional yoga with postures). Ultimately, Laughter "Yoga" is about the cultivation of joyfulness. It teaches you to make happiness a choice and not a consequence.

Laughter is a universal language that transcends all barriers; age, gender, language, hierarchy, physical abilities, race, religion, political beliefs. Anyone can laugh without relying on humour, jokes or comedy.

Laughter has profound effects on our mental and physical state of being.

- the release of endorphins and serotonin;
- decreases levels of stress hormones;
- beats depression and anxiety;
- boosts the immune system;
- increases circulation;
- floods the body with oxygen;
- increases Killer T Cell production, which helps fight cancer;
- is an aerobic exercise; and
- improves communication and creativity.



The cost of this two day course is \$375, early bird special is \$325 if paid in full by 8 March 2019. Refreshers \$200. Please contact: Hannah Airey 021 998109 for more information or email Hannah@lotustrust.org.nz to register (visit www.lotustrust.org.nz).

Laughter is as natural as breathing – we just need a gentle reminder to do it.

"Laughter yoga is a fabulous stress relieving contagion. I came across it during the challenge of getting through cancer treatment. It really was the most helpful experience I came across.

Hannah is a Christchurch famed, professional laughter yoga practitioner (and a fun woman!!) She is spreading the laughter yoga experience around New Zealand and is encouraging others to lighten their lives and the lives of others by participating in this workshop. Hannah is a registered teacher with the Dr Kataria School of Laughter Yoga and you can take it from me that the weekend is an experience you will never forget. Hannah has opened the appreciative joys of laughter (for no reason) to many. Laughter Yoga has proven beneficial health outcomes. I for one definitely know the difference! So...

Treat yourself and do something fun, a little naughty and really, really beneficial for you, GIVE IT A GO!"

Annie Helm, Wellington



Course Outline

The course will include:

- Laughter Yoga: history, concept, philosophy
- Health benefits of laughter
- Laughter session(s)
- Laughter Leader facilitation skills
- How to start a laughter club
- Laughing alone; with mental health support groups; in aged care facilities; and schools
- Introduction to the Five Ways to Wellbeing, background information and ways to apply it within the community
- Introduction to positive psychology
- Relaxation techniques (diaphragmatic breathing, progressive muscle relaxation, mindfulness)