

## 2-Day Intensive Training Course

After successful completion of this course you are qualified as a Certified Laughter Yoga Leader (CLYL), an internationally recognized qualification. You can lead Laughter Yoga sessions in clubs, yoga and fitness centers, schools, hospitals, assisted living homes, senior centers, the workplace, churches and other places of worship, etc.

### The course includes:

- Learning the physical, mental & emotional benefits of laughter
- How to laugh without humor and how to teach others to do so
- The history of Laughter Yoga
- Starting & running laughter clubs
- How to market your services
- Techniques for special groups (children, seniors and more)
- Laughter Boosting techniques
- How to laugh alone

### Who needs it:

Anyone who is committed to spreading Laughter Yoga will benefit from this training. It will be of special interest to:

- Yoga and fitness teachers
- HR and management training professionals
- Health care professionals
- Teachers and sports coaches
- Psychologists and psychiatrists
- Entertainment professionals
- Senior care workers
- Marriage and family therapists
- Life coaches and alternative therapists
- Sales managers
- Tourism professionals & tour guides

## Your Trainers

Trainings are led by Certified Laughter Yoga Teachers Bill and Linda Hamaker shown below with Dr. Madan Kataria, the founder of Laughter Yoga.



Bill and Linda were introduced to Laughter Yoga in July 2008 when they participated in a three day seminar at the Kripalu Center for Yoga and Health in Stockbridge, MA. Then in April of 2009, they enrolled in a Certified Laughter Yoga Leader training seminar in Chicago. It was given by the head of the American School of Laughter Yoga, Sebastien Gentry. In September 2009 they started the very successful Let's Laugh Today Laughter Club in Franklin, MA.

In August 2010 Bill and Linda attended a five day advanced course taught by the creator of Laughter Yoga, Dr. Madan Kataria, to become Certified Laughter Yoga Teachers! They also participated in the four day American Laughter Yoga Conference in Albuquerque, New Mexico. In 2010 they founded the Westwood Laughter Circle and in 2011 they added laughter clubs in Sharon and Walpole, MA. They have facilitated many laughter workshops for private groups and organizations and have been on radio and TV.

### Contact Information

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# Laughter Yoga

## Certified Laughter Yoga Leader Training (CLYL)



- Do you want to add more laughter and joy in your life? Or are you stressed, sad and depressed? Laughter Yoga is the latest health craze sweeping the world where anyone can laugh without any reason. It is truly a life changing experience for millions of people.
- Do you want to become a Certified Laughter Yoga Leader? Do you want to lead laughter sessions in companies, yoga studios, health clubs, schools, senior centers and offer public seminars? Do you want to start a Laughter Club? Do you want a fun stress-busting weekend?

[www.letslaughtoday.com](http://www.letslaughtoday.com)

## What is Laughter Yoga

Laughter Yoga is a unique exercise routine developed by Indian physician Dr. Madan Kataria. It combines laughter exercises with yoga breathing (Pranayama) which brings in more oxygen to the body and brain making one feel more energetic and healthy.



Anyone can laugh without relying on humor, jokes and comedy. Laughter is simulated as a body exercise in a group but with eye contact and childlike playfulness it turns into real and contagious laughter. It is based on the scientific fact that the body cannot tell the difference between fake and real laughter.

It is being practiced in companies and corporations, fitness centers, yoga studios, seniors centers, schools, colleges, universities, physically and mentally challenged and self-help cancer groups.

Laughter Yoga has been widely covered by media which includes prestigious publications like TIME magazine, The New Yorker, BBC, CNN, The Today Show, The Dr. Oz Show and Oprah Winfrey.

## What happens in a Laughter Session

A typical Laughter Yoga session is led by a laughter leader or teacher who controls the group, gives instructions for different laughter, breathing and

stretching exercises. There are four steps of Laughter Yoga – clapping, breathing, childlike playfulness and laughter exercises.

It starts with warm up exercises like clapping, chanting HO HO HA HA HA followed by different laughter exercises where people are encouraged to laugh louder and heartily from the belly. These exercises are interspersed with deep breathing. We encourage participants to cultivate child like playfulness and eye contact which leads to real and spontaneous laughter.

## Five Benefits of Laughter Yoga

**1. Personal Life:** Laughter Yoga will help to add more laughter to your life, develop a sense of humor and a smile. You will feel more self confident, have a positive outlook, hope and optimism. It changes your mood within minutes and if your mood is good, everything seems good and you are at your best everywhere.

**2. Business life:** Your output and performance depends on your energy level. For optimal functioning of the brain, you need 25% more oxygen than any other body organs. Laughter Yoga increases the supply of oxygen, not only to the brain but to the entire body to help you work more than normal and efficiently.



**3. Health Benefits:** Laughter Yoga is a powerful cardio workout. It makes you feel energetic and healthy and helps to balance the mind, body and spirit. It decreases the negative effects of stress on your body which is the root cause of all illnesses. LY is a single exercise that deals with physical, mental and emotional stress simultaneously. It also strengthens the immune system, lowers blood pressure, controls blood sugar and keeps your heart healthy. It is a powerful antidote against depression.

**4. Social Life:** The quality of life and life satisfaction does not depend on how much money, power, position and success you have; rather it depends on the number of good friends with whom one has a caring and sharing relationship. This appreciation and acknowledgement helps in emotional development. Laughter Yoga is a positive energy that quickly connects you with people, helps you to make friends easily and to lighten up about the stresses of life.

**5. Inner Spirit of Laughter:** Laughter Yoga will teach you how to keep your spirits high when you face challenges in life. It promotes a positive mental attitude to help you cope with negative situations and deal with difficult persons in a much better way than a normal person.