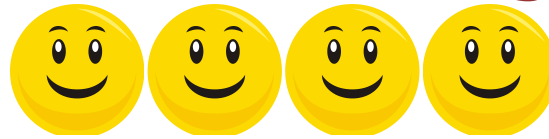




Certified Laughter Yoga Teacher Training



This 5-day course is only open to Certified Laughter Yoga Leaders. After successful completion of this course you are qualified as a Certified Laughter Yoga Teacher (CLYT), an internationally recognized qualification. This is a lifetime certification. You will be authorized to teach the 2-day Certified Laughter Yoga Leader course. You will gain a deeper understanding of Laughter Yoga and how to bring laughter to others and into your own life.

When: August 2-6, 2023 (Wednesday thru Sunday)

Where: Walpole, MA

Time: 9:00 am to 4:30 pm most days.

Cost: \$995 (add \$25 for credit card payment) which includes spiral-bound training manual, an official certificate from Dr. Kataria's Laughter Yoga University, access to an on-line folder with many resource files including the training manual and the e-book *Laugh for No Reason*. There might be a zoom lesson from Dr. Kataria! Many informative e-mails, light snacks, beverages, and spring water cooler; a comfortable air-conditioned environment, photos of your FABULOUS week-end, and continued Laughter Yoga support from Bill and Linda. You will get two teachers for the price of one! You will also be able to get more experience by leading exercises at any of our Let's Laugh Today laughter sessions, if you wish.

The course includes:

- How to teach the 2-day Certified Laughter Yoga Leader Course.
- Breathing exercises and the Yoga connection to Laughter Yoga.
- Yoga Nidra practice
- Laughing alone and Laughter Meditation
- Sharing your own Laughter Story.
- Techniques for special groups (children, seniors and more)
- Creating Laughter Yoga Exercises
- Promoting Yourself and Laughter Yoga
- and much, much more!

To register or for additional information contact Linda or Bill at:

E-mail:

billandlinda@letsclaughtoday.com

Home Phone: 508-660-2223

Website: www.letsclaughtoday.com

About the Your Trainers

Trainings are led by Certified Laughter Yoga Master Trainers Bill and Linda Hamaker. They have trained over 200 Certified Laughter Yoga Leaders and run 2 different laughter clubs. Bill and Linda became Master Trainers in March 2019 after working with Dr. Kataria over a period of a couple of months.

