

When was the last time you laughed? I mean really laughed out loud with wild abandon. Wouldn't you love to be in a position to engage lots of people in purposeful playful laughter every day?! Now's your chance to do it – with me!

Laughter Yoga Leader Training - in Minnesota this summer:

- This is an interactive, immersive experience.
- What's Included?
 - Theory —the history, concept, philosophy, health benefits and techniques of Laughter Yoga
 - Practice – there will FUN homework to get you started feeling comfortable with the information, presenting it and practicing it yourself
- Lots of LAUGHTER, PRACTICING, and PRESENTING for MASTERY!
 - Learning Laughter Yoga in a group you'll enjoy the energy and camaraderie of others in a safe, fun, and empowering environment.
 - This will be a 16-hour training with hands-on experience where you will have the opportunity to practice what you have learned in real-life situations - presenting to your co-students, to an outside group. (either to a senior center or Ronald McDonald House).
 - We'll have a Zoom graduation/presentation where you can celebrate with family and friends!

Leader Certification will be earned at the conclusion of the in-person training and will enable you to lead sessions on your own. You will receive a certificate from Madan Kataria's Laughter Yoga University.

The schedule for the upcoming training will be as follows:

ALL SESSIONS will be held in person in Bloomington, Minnesota (just outside Minneapolis)

Times are in Central Time

Wednesday, July 26th 6:30 – 8:30 pm Welcome and Introductions

Thursday, July 27th 10:30 am – 5:30pm Let's get this training started! Laughter & Learning

Friday, July 28th 10:00 am – 4:30pm Practice sessions, in-person presentations, & graduation on Zoom

The training is limited to the first 12 people to sign up, so don't wait - reserve your spot today!

Cost of training is \$425

Sign up with a friend and each save \$50.

Already a Laughter Yoga Leader and want a refresher course? Join us for \$175



Call me if you have questions. 612-802-1608

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