

**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

- 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.**

Dates and times will be determined and posted as training are scheduled.  
In-person trainings will be held in Minneapolis, MN ~ Online trainings will be on Zoom

**SAMPLE in-person Training over 2.5 days    Zoom schedule will be different**

Day	Date	6:30 pm - 8:30 pm	Welcome and Introductions
Day	Date	10:00 am - 6:00 pm	Let's get this training started - Laughter & Learning
Day	Date	10:00 am - 5:00 pm	Practice Sessions, in-person presentations - graduation

**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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