Certified Laughter Yoga Leader Training (2 days)

Teacher: Martin Combrinck

This course can only be offered by *Certified Laughter Yoga Teachers* or by *Dr Madan Kataria*. *We are a non-religious non-political organisation.*

Interested in being part of this health phenomenon that is spreading through the world like wild fire? Become a ***Laughter Yoga Leader****!*

After successful completion of this course you will become a <u>Certified Laughter Yoga Leader (CLYL)</u>, able to:

- *Lead laughter yoga sessions in social clubs, yoga & fitness centers, schools, seniors and in the workplace.*
- *Start and run social laughter yoga clubs in your area.*
- *Help people to learn and practice laughter yoga.*
- *Offer public seminars on laughter yoga.*

While you are free to sell your services as a CLYL, we strongly encourage all laughter yoga professionals to start and operate at least one free social laughter yoga club.

<u>The course includes:</u>

- *The physical, mental & emotional benefits of laughter.*
- *How to laugh without humour 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.*

<u>Who will Benefit?:</u>

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.*
- *Professional Coaches*
- *Marriage and family therapists.*
- *Complementary therapists.*
- *Sales managers.*
- *Tourism professionals & tour guides.*
- *Event Management professionals.*

Cost of Training Course:
CLYL 2 days: Price on Request – Early Bird Discounts available
(info@laughter4africa.org.za)

You will receive:

- *Dr Kataria's "Laugh for No Reason" E-book (PDF) – on CD*
- *A "Certified Laughter Yoga Leader" certificate.*
- *A news coverage CD on laughter yoga to help you present this method visually to others.*
- *Training Course manual.*

Requirements:
The course is open to all persons 18 years & older:

- *Participants not fit enough to complete a 45 minute brisk walk please contact us for advice before registration.*
- *No special clothing or equipment is required. Comfortable, loose fitting clothes are recommended.*
- *Participants with medical conditions must declare these on registration.*

Our Training:
Our Laughter Yoga Training approach is special and unique, because of our extensive background and knowledge in health, yoga and wellness education.

Medical Advisory:
Laughter Yoga is not a substitute for medical consultation for physical, mental and psychological illnesses. It is not suitable for people suffering from uncontrolled high blood pressure, heart disease, epilepsy, any kind of hernia, severe backache and major psychiatric disorders. This list is for guidance only and is not meant to be exhaustive. If in doubt consult your medical professional for guidance.

Contact Details

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Laughter for Africa *is not-for-profit, non-political, non-religious and non-competitive community-based project, working towards establishing 'Health, Happiness & Peace through Laughter' in Africa, especially South Africa.*

Book Now:

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