

## 2-day intensive training course

The course includes:

- Learning the physical, mental and emotional benefits of laughter
- How to laugh without humour and how to get others to do so too
- The history of Laughter Yoga
- How to start and run a laughter club
- How to laugh alone
- Techniques for special groups (e.g. children, seniors)
- Laughter boosting techniques

On successful completion of this course, you are a qualified and Certified Laughter Yoga Leader (CLYL), a recognised qualification of Laughter Yoga International. You can lead Laughter Yoga sessions in social clubs, yoga and fitness centres, at schools, in aged care facilities and in workplaces.

## Who becomes a laughter yoga leader

- HR and management training professionals
- Health care professionals
- Teachers
- Sales managers
- Sports coaches
- Tourism professionals and tour guides
- Aged care workers
- Yoga and fitness teachers
- Psychologists and counsellors
- Community workers



## The Happydemic

*Spreading wellness through laughter, seriously!*

### Contact Heather Joy


Become part of the Happydemic sweeping the world!

**To find out about the timing and cost of laughter leader training in your area, go to:**

[www.thehappydemic.com.au](http://www.thehappydemic.com.au)

Ph: 0412 742 593

E: [heatherjoy@thehappydemic.com.au](mailto:heatherjoy@thehappydemic.com.au)



*Become a  
Laughter  
Yoga Leader*

Is life a bit too serious?  
Is there enough laughter in your day?

Gain an internationally recognised qualification as a Laughter Yoga Leader and help your community lighten up.



## What is Laughter Yoga?

Laughter Yoga is a unique exercise format devised by Indian physician Dr Madan Kataria, combining deep yogic breathing with simulated laughter exercises.

Practised in a group, participants learn to laugh for no reason—without jokes or comedy or humour. Initially laughter is simulated as a body exercise: with eye contact and a childlike playfulness, the laugh soon becomes real and contagious.

*Fact: the body reacts with healthful benefits whether your laughter is real or fake!*

## What happens in a laughter session?

There are four key components of Laughter Yoga: clapping, breathing, playfulness and laughter exercises.

A trained laughter leader or teacher will guide the group, providing instructions for different laughter, breathing and stretching exercises.

It starts with warm-up clapping and chanting followed by different laughter exercises that encourage participants to laugh louder, heartily, from the belly. These exercises are interspersed with deep breathing. For healthful benefits, the laughing and breathing sequencing continues for about 30 minutes.

## About laughter clubs

Laughter Yoga is increasingly popular as a wellness modality in businesses, aged care and schools but laughter clubs remain the Laughter Yoga movement's heart. They are free (or gold coin) social clubs run by volunteers who are certified Laughter Yoga leaders. Held in parks or halls, usually weekly in Australia, laughter clubs can also be set up in retirement villages, neighbourhood centres, aged care centres, or schools.

There is no political or religious affiliation. There is no membership.

Laughter clubs provide healthful benefits—physical and psychological—as well as social.

Since 1995, the happydemic of Laughter Yoga has swept the world. There are laughter clubs in more than 105 countries.

*Playfulness and good eye contact are encouraged throughout: this leads to spontaneous real laughter.*



## Your trainer

Heather Joy is a Certified Laughter Yoga Teacher, trained by the Giggling Guru himself, Dr Madan Kataria. And yes, Heather Joy is her real name!

Her working life in media and the government has been ruled by deadlines and headlines. Stress has been ever-present: she deals with it differently now. Haha! Laughter Yoga has also helped Heather Joy get through extended periods as carer of terminally ill loved ones, and the subsequent grief and dark days.

She lives in Brisbane, Queensland, 'gives back' through two laughter clubs weekly, and facilitates Laughter Yoga workshops and training far beyond city limits.

