

Laughter Yoga Leadership Training

with life lover, free spirit, mindbody specialist and *Australian Laughter Ambassador, Kathy Popplewell*
at **Prana House** in Thornbury, Melbourne.

Saturday 15 & Sunday 16 October 2011

Would YOU like more LAUGHTER in YOUR life?

As well as becoming a Certified Laughter Yoga Leader this weekend will give YOU a chance to unwind, re-energise, be inspired and is a great tool for both your personal AND professional development!



Your Trainer: Life lover, free spirit, mindbody specialist and Australian Laughter Ambassador Kathy Popplewell trained to become a Laughter Yoga Teacher with Dr Madan Kataria in Byron Bay, Australia in 2006 and has been running Laughter Yoga Leadership Trainings as well as introducing the benefits of laughter for wellbeing in corporate & community presentations since 2007. See full bio & video clips of Kathy at vibrance.com.au

Day One: The Why, How and What of Laughter Yoga.

As you are introduced to the principles of Laughter Yoga you can be sure that you will leave this day feeling like never before after a day jam packed full of laughter, play and experiential learning and explores;

- How motion creates emotion
- Why laughter is the best medicine
- How you can start laughing for no reason!
- How laughter neutralizes the affects of stress
- What are your stress triggers and how to overcome them
- How to transform tension and release it in a safe and positive way with laughter
- How you can add more laughter to your life

Day Two: Learn how to facilitate Laughter Yoga!

By the end of the two day training participants will be ready to start facilitating Laughter Yoga sessions and the method as developed and taught by Dr Madan Kataria, the found of Laughter Yoga! The second day of training explores;

- The principles of Laughter Yoga
- What is an inner spirit of laughter
- How to facilitate and lead a Laughter Yoga session
- The qualities of a great laughter leader
- The healing power of joyfulness and laughter
- How to share the magic of Laughter Yoga with others, integrate it into your work or start your own laughter club!

Investment:

\$349 per person (or \$325 pp for two) if paid before 30 September or \$379 per person (or \$349pp for two) thereafter. **Price Includes:** 2 day training, training workbook & manual, certification and ongoing mentoring. **Our training is endorsed and certified by Dr Kataria's School of Laughter Yoga.*

To register for this fun, empowering and rejuvenative weekend of laughter and learning OR to find out more **visit**

 **vibrance.com.au**

or **contact** Kathy on **0405 147 154** or kathy@vibrance.com.au.

Vibrance Whole Health & Fitness. "Helping you to live, love & laugh, Naturally!"