

# Laughter Yoga with Clare



## 2-Day Leader Training

### Let Your Inner Child Come Out & Play

Did you know that children laugh 300–400 times a day and adults only 10–15!

Life can be serious. This training is an opportunity to learn how to laugh more, play and have fun.

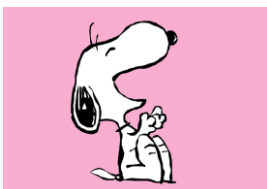
*"I wanted to freely laugh without any judgement, to have fun again and nurture my inner child... I have found myself and am now at peace with who I am and Laughter Yoga helps me to maintain that. I enjoy it so much and it feels good to laugh, be in the moment and to fully be me."*

You will learn how to:

- Laugh more easily and more often.
- Develop your own 'Laughter Practice.'
- Bring more laughter to your colleagues, friends and family.
- Start and run a Laughter Club.
- Facilitate Laughter Yoga Sessions in a variety of settings.
- Help people of all ages and stages gain from the joy, fun and many health benefits of laughter.

This training is fantastic for:

- Teachers, Social Workers, Counsellors, Psychologists...
- Individuals wanting to add more laughter for themselves, their friends, families, community.
- Corporates, Hospitals, Retirement Homes – anyone wanting to bring physical, emotional and mental health benefits to their environment and their people.



**When:** Sunday 19<sup>th</sup> and 26<sup>th</sup> April 2020 9am–5pm.

**Where:** 14 Park Ave, Epuni, Lower Hutt (spaces are limited).

**Early Bird:** Pay \$340 and register by 27/3/20

**Full Cost:** Pay \$100 deposit now and the balance of \$285 by 15/4/20.

Want to try it out – Monday nights 6.30–7.30pm, Gold Coin Donation, 21 Tawai St, Upper Hutt.

Clare Ludlam is a certified Laughter Yoga Leader and Teacher

Contact her on (04) 939-8030 or [clare@clareludlam.co.nz](mailto:clare@clareludlam.co.nz) or FB "Laughter Yoga with Clare"

For more information check out [www.clareludlam.co.nz](http://www.clareludlam.co.nz)

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