

# Laughter Yoga with Clare



## 2-Day Leader Training

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

This training is an opportunity to learn how to laugh more, have some fun, feel better emotionally and physically, take care of your wellbeing and help others to do the same.

*"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:** Refer to the website for the latest training dates.  
**Where:** 14 Park Ave, Epuni, Lower Hutt.  
**Cost:** To be confirmed.

**Want to try it out - Monday nights 6.30-7.30pm, \$5 cost, 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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