



## Laughter Yoga with Clare

Laughter is the exercise

Feeling good is the benefit

### Become a Laughter Yoga Leader

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."*

### Why join us?

- Laugh more easily and develop your own practice.
- Gain the skills to facilitate sessions and run your own Laughter Club.
- Bring joy and Health benefits to your friends, family, workplace and/or community.

### Things to know

- **When:** To be arranged – usually 9-5pm on 2 consecutive weekend days
- **Where:** To be arranged or at your venue
- **Cost:** \$340 or discounted cost of \$295 for not-for-profit organisations.
- **This training is ideal for:** Teachers, healthcare professionals, corporates, retirement homes and anyone wanting to boost wellbeing in their community or personal life.
- **Try it out** - Mondays 6-7pm, \$5, 156 Tukapa St Westown New Plymouth.

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Clare Ludlam is a Certified Laughter Yoga Leader and Teacher.  
If you have medical conditions consult your Doctor first. Full guidance is on my website

0276261288

[www.clareludlam.co.nz](http://www.clareludlam.co.nz)

**Very Good Very Good YAY**