



Laughter Yoga Certified Leader Training

Feb. 7 & 8 (9:00 am – 5:00 pm) includes lunch

Share the Benefits of Pro-Active Laughter
Learn to teach intentional laughter techniques, yogic breathing & easy stretches

Laughter Benefits:

Relieve stress, anxiety, pain, depression;

Enhance your immune system;

Improve respiration, circulation, digestion, elimination;

Raises self-confidence, improves relationships;

Optimizes learning;

Overall sense of peace & happiness.



Training Includes:

Laughter Meditation: laughter arises spontaneously, bubbling up freely like a fountain;

Working with seniors, children, special needs, healthcare facilities;

Laughter in the workplace to relieve stress, boost creativity, increase productivity and employee satisfaction;

Making a living in the world of laughter.

Laughter Yoga Institute Exclusives: Warm Up the Voice, Effective Press Releases, Secure TV Appearances, Develop a Solo Laughter Practice, Supervised Individual Leadership Practice.

Attendees include nurses, doctors, social workers, therapists; corporate presenters, consultants, actors, public speakers; yoga/exercise/ T'ai Chi teachers, body workers; seniors, lawyers, teachers, and anyone who is ever stressed out and wants more joy.

\$325.00 Early Fee until Jan.16th then \$375.00

Includes: Comprehensive Training Manual, Marketing Aids, Diploma to be a "Certified Laughter Yoga Leader"

For information or registration contact:

Elaine Nesta (403) 225.1444 or Email e.nesta@shaw.ca

Limited Space ★ Avoid Disappointment ★ Book early

Instructors: Jeffrey Briar is Director of The Laughter Yoga Institute in Laguna Beach, California. As a laugh specialist, he has appeared on BBC, NBC, CNN, Oprah. He has been a yoga instructor for over 35 years. **Fif Fernandes**, Director of Laughing Peace in Calgary, is an award winning director, producer, and performer. She is a Therapeutic Clown with Alberta Health Services and co-founder of The Art of Peace Camp.

Jeffrey and Fif have laughed around the world. They are fully authorized by The Dr. Kataria School of Laughter Yoga to train and certify Laughter Yoga Leaders.

www.LYInstitute.org

www.laughingpeace.com