

5-DAY CERTIFIED LAUGHTER YOGA TEACHER TRAINING

Conditionally information

Date: starts at 2 pm and finish by 2 pm

Medium of instruction: English with German translation

What You Will Get And Learn During The Training:

Learn From The Master - Dr. Madan Kataria

Your trainer is Dr Madan Kataria, the Founder and Originator of the worldwide Laughter Yoga Movement. You will become a Certified Laughter Yoga Teacher directly by the source.

After completing this training, you will be authorized to train Certified Laughter Yoga Leaders, start more Laughter Clubs and add more laughter to your life.

You will also be trained to conduct Laughter Yoga Seminars, Workshops for corporates, companies, hospitals, Old Age Homes, prisons, children with special needs and Laughter among school children.

Laughter Yoga can be value added to the following professionals - Alternative Therapist and Healers, Recreation Activity facilitators, Yoga/Tai Chi/physical fitness trainers, Occupational Therapists, Psychologists and Psychotherapists, Nurses, Social Workers, Counsellors, Health Care Workers, Professional Speakers, HR Trainers, Clowns and Comedians.

What You Will Receive

- A Training Manual
- Dr Kataria's e-book "Laugh For No Reason"
- A Resource Pack DVD and CD which will contain International news coverage video clips, Laughter yoga in corporates, Laughter yoga in schools, Scientific research on Laughter Yoga and some articles and photos for press and media.
- A "Certified Laughter Yoga Teacher" certificate
- During the course, you will learn how to lead a group of people through Stimulated Laughter Yoga Techniques developed by Dr Kataria, and skills of converting stimulated laughter into real infectious and spontaneous laughter WITHOUT USING JOKES, COMEDY OR HUMOUR. You will be given an opportunity to lead Laughter Sessions during practice sessions.
- You will also learn a powerful technique of real and deeper "Laughter Meditation", where you do not have to make any effort to laugh, and the laughter flows out of you like a fountain. This is a very profound experience, and you will feel the laughter coming out of your heart and soul, without using a single joke.
- You will watch many video presentations on Laughter Clubs, and the experience of Laughter Yoga in public parks, companies and corporations, schools for visually challenged persons, deaf and mute children, prisoners etc.
- You will also learn how to do laughter yoga all by yourself.
- 1 year free Prozone (www.laughteryoga.org/prozone) subscription worth USD 60.

How to start a Laughter Club?

- Organization Skills
- Marketing and Advertising Skills
- Creating a core group and Leadership Skills

- Communication Skills

How to use Laughter Yoga skills for:

- Elderly people;
- Physically and mentally challenged children;
- Visually impaired persons;
- Prisoners
- Yoga breathing and easy Meditations, for spiritual development.

Typical Daily Sessions:

7 AM to 8 AM: Laughter session, laughter meditation and breathing exercises

8 AM to 9:30 AM: Breakfast

9.30am - 1.00pm: Morning Session

(With a tea/coffee break at 11a.m)

1.00 - 3.30pm: Lunch Break followed by rest

3.30 - 6.30 pm: Evening session

6:30 PM - 8:30 PM: Dinner break

8:30 PM to 10 PM: Special extended sessions for general discussion(not every day)

SYLLABUS: 5-DAY CERTIFIED LAUGHTER YOGA TEACHER TRAINING

- Introduction and group discussion. Why are we here?
- The concept, history & philosophy of laughter yoga.
- Laughter yoga and laughter meditation sessions will be incorporated on most days, with participants learning and practicing various aspects of presentation to develop facilitation skills: commands, role of the leader, laughter exercises, yogic breathing techniques & student participation. Participants will repeatedly practice aspects of running laughter sessions and presenting laughter yoga.
- Presentation skills explained. Training is conducted in an experiential rather than academic manner. Participants will be asked to share personal experiences during the training.
- Laughter yoga applications: social, fitness, corporate, children, seniors and more.
- Laughter yoga techniques for special groups: seniors, children and in the workplace. * Video presentations including interviews with Dr Lee Berk will provide a scientific grounding and also provide tools for presentation and credibility.
- Free laughter yoga and paid laughter yoga.
- How to start a laughter club.
- How to run public seminars and workshops.
- The importance of marketing/media & PR and basic techniques you can use.
- Laughter yoga around the world.
- How to add more laughter to your life. How to laugh alone.
- Yogic breathing (pranayama) will be taught and practiced in early morning sessions.
- Meditation and visualization techniques.

FINAL EVENT - Issue of certificates & photo shoot

PLEASE BRING WITH YOU

- A notebook for taking occasional notes
- A costume, outfit, musical instrument or other equipment required to present any talent you have on Talent Night
- A silly or funny outfit for the Costume Party

- One small wrapped gift for our Exchange of Gifts

Venue for the Training & Accommodation:

Yoga-Vidya e.V.
House Shanti
Wällenweg 42
32805 Horn-Bad Meinberg
GERMANY

www.yoga-vidya.de
info@yoga-vidya.de

Tel. 0049 (0) 5234 - 87 - 0

Accommodation / room prices per person,

(including breakfast, lunch and dinner, excellent vegetarian food, tea and ayurvedic water)

Single room: EUR 51,50
Double room: EUR 37,50
Several bed room: EUR 30,-

At the weekend: price increase of EUR 5,- per day.

Application and Contact for all questions:

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