

# Experience Laughter

Laughter Yoga is sweeping the world with its simple and natural way of improving health and well being. During this full day laughter yoga experience, you will learn about the origins of laughter yoga and be immersed in two full laughter yoga sessions including fun and playful laughter and breathing exercises and meditation techniques.

**THE BASIC WORKSHOP PROVIDES AN EXPERIENTIAL DAY OF LAUGHING, LEARNING AND LIVING WITH OUR HAPPIER SELVES**

## The Basic Laughter Yoga Workshop

Northbrook, IL. 9am-5pm

Tuition Fee: \$99

2019 Workshop Dates:

Feb 16 • May 18 • Sep 21 • Dec 7



*One full day of laughter and supportive education will provide a fun and fit way to exercise playfully, while valuable information is applied for evidentiary appreciation.*

## THE BASIC LAUGHTER YOGA WORKSHOP

This experiential workshop is a wonderful introduction to discovering what laughter really is all about and why it doesn't have to be dependent on any circumstance, event or humor to make it happen. Learn to be in charge of your own happiness and be part of an adventure that provides a longer look at the exercise of laughter and why its important for our health and oxygenation. We'll cover the basic reasons, origins, benefits, and apply two full sessions for experiential application. It is a class like none other and a chance to awaken your happy place in a bigger and better way. Upon the class completion you will receive a certificate and a follow up online booklet for further support and reference.

*\* Incentive: Those who desire to add on an extra day and join the Certified Laughter Yoga Leader Training course need only pay the course fee difference to further optimize their experience at the end of the day as the Basic Workshop is similar to the first day of the CLYL Training.*

### Experiential Benefits:

Uplifted Mood with Optimistic Perspective  
Improvement in Oxygenation for the body and the brain  
A Boost for the Immune System and Healthy Well-Being  
Engaged Social interactions and abilities  
Hopefulness and inner strength improvements



### MEET YOUR LAUGHTER TEACHER:

Ellen Klein, Certified Laughter Yoga Teacher and Registered Nurse, has practiced Laughter Yoga since 2011. As a cancer survivor she spreads optimism through The Optimists Laughter Club, presentations and Laughter Yoga Leader trainings.

### QUESTIONS?

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## WHY LAUGH?

The optimism of laughter is a tool we can practice to alleviate anxiety, depression, and loneliness and provide a necessary change to our health and happiness. Why is laughter important to our well being?

- 1. We simply don't laugh enough, in a world where stress is more common than laughter, we can make a difference by learning to exercise laughter through programs such as this.**
- 2. Laughing for longer periods and in a deeper way is a practice that can be learned, developed and exercised. This course is an introduction.**
- 3. Laughter is one of the quickest ways to create a change in ourselves and how we interact with the world, practicing it becomes understood when we apply the education of this program.**



More Information and Registration at:  
**WWW.OPTIMISTICALLYYOU.COM**