

Ready to Laugh?

Laughter is a simple tool that naturally engages healthier breath and creates an uplifted mood quickly. In this 2-day Certified Laughter Yoga Leader training you will access a well-spring of joy that bubbles forth releasing what confines, while defining something new. Experience a noticeable physical difference while enhancing mind skills and your inner joyful spirit.

**JOIN US FOR THIS JOYFUL LIFE-AFFIRMING EXPERIENCE
THAT BRINGS OUT THE BETTER PARTS OF OURSELVES.**



This experience is both personally enriching and professionally enlightening in the facilitation skills it presents to share this delightful education with others.

Certified Laughter Yoga Leader Training

Northbrook, IL. 9am-5pm (Both days)

Tuition Fee: \$300

2019 Training Dates:

Feb 16-17 • May 18-19 • Sep 21-22 • Dec 7-8

CERTIFIED LAUGHTER YOGA LEADER TRAINING

DAY ONE: you will learn about the origins and expansion of Laughter Yoga, benefits, and the mechanics of laughing and breathing. It encompasses an immersion of laughter, breath, and meditation exercises through physical participation, lecture, discussion, and dialogue.

DAY TWO: Incorporate laughter exercises, playful creation of exercises, and presentation skills are featured to adapt programs of laughter for children, elders and working populations. It is a full day of participation, interaction and engagement in activities and exercises that assist in developing applicable understanding.

Experiential Benefits:

- Feel Happier as *attitude improves*
- Feel Healthier as *your oxygenation improves*
- Feel Centered as *harmony is achieved between mind and body*
- Feel Connected, enhance more socially with others
- Feel Hopefulness, inner strength, and resilience improve

WHY LAUGH?

In a world that also offers turmoil that fuels divisiveness and confusion, we may not find much to laugh about. The optimism of laughter is a tool to practice to alleviate anxiety, depression, and loneliness providing a necessary change to major public health issues.

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.

Laughing for longer periods and in a deeper way is a practice that can be learned, developed and exercised. This course is an introduction.

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.



MEET YOUR 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?

ellen@optimisticallyyou.com
(847) 571-7553



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