Laughter Workshop and

Certified Laughter Yoga Leader Training

Instructor: Carla Brown, Certified Laughter Yoga Teacher

Dates: November 5-6, 2011

(Saturday 8:30-5:30, Sunday, 8:30-2:30)

Location: Covenant LifeStyle Centre,
6th fl of East Parking Garage, 21st Street & Joliet Ave
Lubbock, Texas 79410

Enrich your life with laughter! If you would like to become a Certified Laughter Yoga Leader or would simply like to learn how to **integrate more laughter into your own life**, join us for this unique weekend training workshop that just might change the way you live and respond to the stress of life! Learn to lighten up and stop worrying.

After successful completion of this course you will be qualified as a Certified Laughter Yoga Leader (CLYL), an internationally recognized certification. As a CLYL, you can lead Laughter Yoga sessions in social clubs and senior centers, church retreats & fitness centers, present free or paid Laughter Yoga workshops in schools or businesses or simply spread the joy of laughter in your own life, in your own way!

This experiential workshop and Certified Laughter Yoga Leader Training will:

- Give you a thorough understanding and experience of Laughter Yoga
- Enable you to discuss with confidence the health benefits of laughter
- Give you practice creating new laughter exercises
- Help you add more laughter into your life, both with others and by yourself
- Allow you to understand and experience the "Inner Spirit of Laughter"
- Show you how to release stress and tension effectively, safely, and positively
- Inspire and empower you to start your own Laughter Club
- Teach you the skills and give you the confidence to teach Laughter Yoga classes (free or paid), both with the general public and special needs groups
- Inspire you to incorporate laughter appropriately into your professional & personal relationships
- Connect you with a network of Laughter professionals in the US and around the world
- Provide an environment in which we will laugh without inhibition and create a weekend of fun memories, joy-filled experiences and new laughter friends

Registration Fee: $295.00 or **Early Bird Registration Fee:** $275 if paid in full by October 21st
Discounts for two or more participants registering together: $275 per person (or $255 if pd by October 21st)

To register or for more information contact
Carla Brown at 806-392-5768 or at jumpingforjoy@gmail.com.