

Laughter Yoga Basic Learning Workshop

One Day Experiential Workshop for Beginners

Time Duration: 6 hours (3 hours before & after Lunch)

AGENDA	
30 Minutes	Registration logistics/ Filling Laughter Quotient Form
1 hour	Watch videos on worldwide LY movement: (Resource Pack DVD, The History, Concept and Philosophy & 5 unique features of LY, what is Laughter Yoga, 5 points, 3 reasons.)
15 minutes	Lifestyle break
1 hour	Complete Laughter Yoga Session with Exercises, Meditation and Relaxation
45 minutes	Discussion: Why we need to laugh more today, how to laugh, who will make you laugh, benefits of Laughter Yoga and new research & studies being done on Laughter.
1 hour	Lunch Break
1 hour	Learn how to laugh alone by adding laughter exercise with your daily routine. E.g. while taking a shower, cooking, washing dishes, cleaning & driving, etc.
1 hour	Learn to cultivate the 4 elements of Joy (singing, dancing, playing and laughing.) Participate in a gibberish session and Ho Ho Ha Ha dance, Fun games and laugh dance party.
15 minutes	Lifestyle Break
45 minutes	Find out how to get involved in Laughter Yoga and learn the strategies to bring more laughter into your life.
30 minutes	Quick Laughter Session, networking photos and feedback.

Sandra DeLaronde, MA LT



Transformational Human and Organizational Specialist

Informed by the teachings of the Ancestors, Sandra works to connect the present and the past to assist individuals and communities design their future from the inherent gifts of strength and resilience. Sandra is a certified Laughter Yoga Trainer and applies the strategies to support change and resilience to design a good life for individuals and healthy communities.

Sandra conducts a variety of training including workshops, classes, certified trainings, conferences and retreats that serve and inspire individuals and groups to re-discover the benefits and living joyfully with simple techniques and meaningful exercises where everyone can benefit.

Sandra has worked nationally and locally to present and speak to organizations and communities and is excited to present this One Day Basic Workshop to introduce you and your organization to Laughter Yoga and a whole new way to live.

For details contact:
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LAUGHTER YOGA

Basic Learning Workshop

Bringing Health and Happiness to Your Life

Are you stressed out? Do you want to bring more Laughter, Health and Happiness in your Life?

Laughter Yoga is a unique exercise program sweeping the world where anyone can laugh without using jokes, humor and comedies. It is truly a life changing experience, being practiced on more than 72 countries.

This unique one-day workshop will give you knowledge and practical skills who to practice laughter exercises to bring health and happiness into your life.



What is Laughter Yoga?

Laughter Yoga is a unique exercise routine developed by Indian Physician Dr. Madan Kataria. It combines laughter exercises with yoga breathing (Pranayama) which brings in more oxygen to the body and brain making one feel more energetic and healthy.

Anyone can laugh without relying on humor, jokes and comedy. Laughter is simulated as a body exercise in a group, but with eye contact and childlike playfulness it turns into real and contagious laughter.

It is based on the scientific fact that the body cannot tell the difference between fake and real laughter and one gets the same health benefits. Laughter Yoga has been widely covered by media which includes prestigious publications, TIME magazine, BBC, CNN and the Oprah Winfrey show.

Why Laughter Yoga?

In order to get the scientifically proven benefits of laughter, one must laugh for 15 to 20 minutes a day and laughter should be hearty and loud. This is not possible in real life as natural laughter in conditional and comes for few seconds here and there and is not enough to bring health benefits. Through Laughter Yoga one can laugh for an extended period of time and heartily because it is a physical exercise and not a mental process.

Five Benefits of Laughter Yoga

Good Mood and More Spontaneous Laughter

Whether it is your personal, business or social life your mood affects everything you do. If your mood is good, you can do things much. Laughter Yoga helps to change your mood within minutes by releasing certain chemicals from your brain cells called endorphins. You will remain cheerful and in a good mood throughout the day and will laugh more than your normally do.

Healthy Exercise to Beat Stress

Laughter Yoga is a like an aerobic exercise (cardio workout) which brings more oxygen to the body and brain thereby making one feel more healthy and energetic. Laughter Yoga is a single exercise routine which reduces physical, mental and emotional stress simultaneously.

Health Benefits:

You can't enjoy life if you are sick. Laughter Yoga strengthens the immune system which not only prevents you from falling ill, but also helps to heal a variety of conditions like hypertension, heart disease, diabetes, depression, arthritis, allergies, asthma, bronchitis, backache, fibromyalgia, migraine headaches, menstrual disorders, cancer and many others.

Quality of Life:

Quality of life depends upon the quality of good friendships we have. Laughter is a positive energy which helps people to connect with other people quickly and improves relationships. If you laugh more, you will attract many friends.

Positive Attitude in challenging Times

Everyone can laugh when life is good, but how does one laugh when faced with challenges? Laughter helps create a positive mental state to deal with negative situations and negative people. It gives hop and optimism to cope with difficult times.



Who Can Attend?

Anyone who wants to bring more health and happiness to one's life

- Yoga and fitness teachers
- HR and management training professionals
- Sales and marketing professionals
- Health care professionals
- Physical and occupational therapists
- Teachers and sports coaches
- Psychologists and psychiatrists
- mental health professionals
- Social workers
- Counselors and therapists
- Teachers and sports coaches
- Psychologists and psychiatrists
- Mental health professionals
- Social workers
- Counselors and therapists
- Entertainment professionals
- Senior care workers
- Marriage and family therapists
- Life coaches
- Alternative therapists and healers
- Sales managers
- Tourism professionals & tour guides