

## 2-Day Intensive Training Course

After successful completion of this course you are qualified as a Certified Laughter Yoga Leader (CLYL), an internationally recognized qualification. You can lead Laughter Yoga sessions in social clubs, yoga & fitness centers, schools, with seniors and in the corporate workplace and offer public seminars.

### The course includes

- Learning the physical, mental & emotional benefits of laughter
- How to laugh without humor and how to teach others to do so
- The history of Laughter Yoga
- Starting & running laughter clubs
- How to market your services
- Techniques for special groups (children, seniors and more)
- Laughter Boosting techniques
- How to laugh alone

### Who Needs It

Anyone who is committed to spreading Laughter Yoga will benefit from this training.

It will be of special interest to:

- Yoga and fitness teachers
- HR and management training professionals
- Health care professionals
- Teachers and sports coaches
- Psychologists and psychiatrists
- Entertainment professionals
- Senior care workers
- Marriage and family therapists
- Life coaches and alternative therapists
- Sales managers
- Tourism professionals & tour guides



### Your Coach

Sophie Terrasse, earned her Laughter Yoga™ certification directly from Dr. Kataria, M.D., founder of the Laughter Yoga™ movement in Mumbai, India. She is an Art therapist and a Kundalini Yoga Instructor. Sophie Terrasse is currently the Director of The Sunflower Institute: *Wellness through Art, Laughter and Yoga* and the founder of The Ottawa Sunflower Laughter Club. She offers individual therapy services, teaching seminars and group workshops in Canada and around the world, where she has also been a guest speaker in various conferences.

For details contact

**Sophie Terrasse**

Sunflower Institute/Institut Tournesol  
*Wellness through Art, Laughter and Yoga*

Ottawa ON Canada

Tel: 613-842-9771

Fax: 613-731-9644

terrasse@rogers.com

www.sunflowerinstitute.ca

# LAUGHTER YOGA

**Certified Laughter Yoga  
Leader Training (CLYL)**



- Are you stressed, sad and depressed? Do you want to add more laughter & joy in your life? Laughter Yoga is the latest Health Craze sweeping the world where anyone can laugh without any reason. It is truly a life changing experience for millions.
- Do you want to become a certified Laughter Yoga leader and start a Laughter Club and lead the sessions in companies & corporations, yoga & fitness centers, schools, senior centres and offer public seminars?

## 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.

It is being practiced in companies and corporations, Fitness centers, Yoga studios, Centers for Seniors, Schools, Colleges, Universities, Physically and mentally challenged and Self help cancer groups.

Laughter Yoga has been widely covered by media which includes prestigious publications like TIME magazine, BBC, CNN and the Oprah Winfrey show.

## What happens in a Laughter Session

A typical Laughter Yoga session is led by a laughter leader or teacher who controls the group, gives instructions for different laughter, breathing and stretching exercises. There are four steps of Laughter Yoga – clapping, breathing, childlike playfulness and laughter exercises.

It starts with warm up exercises like clapping, chanting ho ho ha ha followed by different laughter exercises where people are encouraged to laugh louder and heartily from the belly. These exercises are interspersed with deep breathing. We encourage participants to cultivate child like playfulness and eye contact which leads to real and spontaneous laughter.

## Five Benefits of Laughter Yoga

**1. Personal Life:** Laughter Yoga will help to add more laughter to your life, develop a sense of humor and a smile. You will feel more self confident, have a positive outlook, hope and optimism. It changes your mood within minutes and if your mood is good, everything seems good and you are at your best everywhere.

**2. Business life:** Your output and performance depends on your energy level. For optimal functioning of the brain, you need 25% more oxygen than any other body organs. LY increases the supply of oxygen, not only to the brain but to the entire body to help you work more than normal and efficiently.



**3. Health Benefits:** Laughter Yoga is a powerful cardio workout; in fact 10 minutes of hearty laughter is equal to 30 minutes on a rowing machine. It decreases the negative effects of stress on your body which is the root cause of all illnesses. LY is a single exercise that deals with physical, mental and emotional stress simultaneously. It also strengthens the immune system, lowers blood pressure, controls blood sugar and keeps your heart healthy. It is a powerful antidote against depression - the number one sickness today.

**4. Social Life:** The quality of life and life satisfaction does not depend on how much money, power, position and success you have; rather it depends on the number of good friends with whom one has a caring and sharing relationship. This appreciation and acknowledgement helps in emotional development. Laughter Yoga is a positive energy which quickly connects you with people and helps to make friends easily.

**5. Inner Spirit of Laughter:** Laughter Yoga will teach you how to keep your spirits high when you face challenges in life. It promotes a positive mental attitude to help you cope with negative situations and deal with difficult persons in a much better way than a normal person.