



LAUGHTER YOGA



Certified *TEACHER* Training

March 21-25, 2012 (Wednesday-Sunday)

Share the Benefits of Pro-Active Laughter

Become an expert in guiding and creating therapeutic laughter practices

Master yogic breathing techniques

Become authorized to deliver 2-day Laughter Yoga Leader trainings

Laughter Benefits:

Relieve stress, anxiety, pain, depression
 Enhance immune system
 Improve respiration, circulation, blood pressure, sleep patterns
 Boost self-confidence, improve personal relationships
 Support overall sense of peace & happiness
 Promote world peace



Your Training Includes:

Lifelong certification to offer 2-day Leader Trainings authorized by the Dr. Kataria School
 Laughter Meditation and Cathartic Gibberish
 Working with special populations
 Laughter's proven benefits for the business world
 Laughter as a viable career

Laughter Yoga Institute Exclusives: How to *Teach* 2-day Leader Trainings (addressing differing learning styles) Getting in the Media (if desired)

- Perfect the art of laughing solo
- Receive personal guidance from the most experienced Laughter Exercise leaders in the western world

Prerequisite: prior completion of a 2-day Laughter Yoga Leader training
(contact us if you need help in fulfilling this requirement)

\$795 includes comprehensive Training Manual, Marketing Aids & Certificate
(accommodations are additional; contact The Laughter Yoga Institute for lodging options)

At the beautiful Glen Ivy Center in Corona, California www.glenivy.org
You receive daily half-price admittance for the adjacent Glen Ivy Hot Springs Spa www.glenivy.com

Phone (949) 376-1939

Learn more: www.LYInstitute.org Email: info@LYInstitute.org

Instructor Jeffrey Briar is Director of The Laughter Yoga Institute

Master Trainer with The Dr. Kataria School of Laughter Yoga/Laughter Yoga International
Laughter Yoga champion who appeared on *Oprah*, *Dancing with the Stars*, and *CNN with Sanjay Gupta*

You receive a Diploma and become a "Certified Laughter Yoga Teacher"