

What's Laughter Yoga?

Humour is subjective. Laughter yoga is unique in that it stimulates laughter without the need of comedy or humour. It's a combination of laughter exercises and breathing based on mime and play. Laughter yoga is inclusive and universal and used to increase joy and improve health.



What will you receive?

This course is ideal for your own personal growth. You'll learn about the history of laughter yoga concept, philosophy. You'll acquire oodles of laughter yoga exercises, relaxation, and visualisation and meditation techniques

You will be registered as a Certified Laughter Yoga Leader and endorsed with Dr Kataria's Laughter Yoga International, an internationally recognised qualification. You will leave feeling empowered and inspired with a comprehensive e- manual to enable you to facilitate laughter events in a wide range of settings (school, hospitals, seniors, special needs and corporate) or set up your own local laughter club.

Who is it for?

Anyone interested in increasing their own joy and positivity and/or desires to use laughter yoga as a therapeutic or teambuilding tool. It's a perfect additional facilitation skill if you are a teacher, workshop leader, nurse, youth worker, occupational therapist, yoga teacher, community worker, carer, therapist, chaplain, clown doctor, team leader or life coach.



About Joyworks!



Course will be led by Joyworks! Director, Sharon Miller who has 20 years extensive experience working creatively in the arts and education. She trained with Dr Kataria (founder of laughter yoga) in India.

She set up the first laughter workshops in Glasgow & Edinburgh. Joyworks! has been receiving outstanding client feedback for events, projects and training across the UK to the health, education and corporate world for over 4 years.