



LAUGHTER YOGA



Certified *TEACHER* Training

March 9 - 13, 2011 (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
- Perfect the art of laughing solo
- 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 aptitudes)
- Secrets of getting on TV/in the media
- Receive personal guidance from the most experienced Laughter Exercise leaders in the western world

\$795 includes comprehensive Training Manual, Marketing Aids & Certificate (lodging additional)

Held at the beautiful Glen Ivy Community in Corona, California www.glenivy.org

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"