

# Laughter For *the* Lovers Soul

*Get out of the house and bring your spouse!*

This is an opportunity to deepen and engage that relationship that you would like to have with a **spouse, partner, friend, family member or coworker**. It is a light hearted and fun way to find the joy in knowing another.



#### **Partner Exercises:**

Our workshop is based on couple interaction. We will have dynamic fun exercises that partners will engage in that are fun and easy to do and ones that everyone can do. Exercises provide the opportunity to expand the way we typically see the world and invite new opportunities to visit. These are enjoyable!

#### **Body Awareness for Stress release and Joy increase:**

We will pay attention to the body through an enjoyable relaxing meditation with tips and techniques that can suit everyone. Meditation is the simple act of being connected with oneself with an "in the moment" feeling and there are many forms of meditation. For those new to meditation, have no worries as this will be an experience that makes you more aware of your routines and patterns and how the body responds.

#### **Exercises in Love:**

Practicing the art of feeding the lovers heart as we are all lovers of one thing or another. These exercises are all about nurturing the feeling of loving and being loved. It's also about feeding our funny and remembering to bring out our inner giggle. These are specifically designed to engage our individual appreciation and interact in a new and different way with our friends, partners and lovers.

#### **Intimacy:**

Develop your own "In To Me You See" moments for truer intimate moments with yourself, your partner and anyone you want to be better connected with in life. This workshop provides the setting to explore and interact with another and find through infusing joy how perspectives can change. Best of all it can allow participants to see why and how partners relate or disagree and give some happier tools to engage with.

**Saturday February 11, 2012 10am – 4pm**

**The School of Laughter**

350 S. Northwest Hwy

Park Ridge, IL 60068

Register online at: [www.followthelaughter.com](http://www.followthelaughter.com)

Lunch will be served

*Chocolate will be Present*

\$149 per couple

[www.followthelaughter.com](http://www.followthelaughter.com) - [www.youcansayyes.com](http://www.youcansayyes.com) - [www.parkridgelaughter.com](http://www.parkridgelaughter.com)