

# Have You Laughed Today?

The world is a place that has a lot of stress and confusion and it also is a place that holds beauty and harmony. Many of us get lost in all the to-do's and the day to day worries that we forget that we possess a natural ability and talent that can help us counteract the negativity that comes up that stops us from feeling good and doing what works in our lives. This is your chance to feel good and create that feeling for others too.

## What is Laughter Yoga?

Laughter Yoga brings together the beneficial breathing of pranayamic yoga and laughter exercises. Everyone can do it, as there are no fancy movements and no contortions. Modifications can be made for any group that wants to feel good for any part of their day. Use it at conventions, use it at work, and use it in community. Just learning to laugh alone is enough to add latitude to the attitude, though it is contagious when laughing with others!

**Help yourself and help others to remember the laughter in life....**

Start a laughter club, share it at work, share it with families, schools, senior groups, your staff, the list is endless



## You Can Become a Laughter Yoga Leader

Laughter Yoga Leader Professionals are trained to understand the benefits and be able to explain to organizations, groups and the media the variety of beneficial ways that laughter can bring to an individual, organization or community. An individual trained in the School of Laughter Yoga will learn the differences between humor, happiness and joy. They will be able to articulate health and well being advantages. They will join a supportive group of individuals and a variety of resources to support their goal in becoming a certified Laughter Yoga leader. Certificates are provided to enable every participant to begin administering the concept and growing the laughter.

## Certified Laughter Yoga Leader

The Dr Kataria School Of Laughter Yoga

**Chicago land Certified Laughter Yoga leader Training**  
2 Day Training:

Saturday March 20 9am-5pm  
Sunday March 21 9am-5pm  
The First Floor Training Room  
350 S. Northwest Hwy Park Ridge, IL

Your Facilitator is a:  
Certified Laughter Yoga Teacher  
Certified Laughter Yoga Leader  
Certified Laughter Leader World Tour

**Lynda Turloukis**  
(847) 401-5787 [Lynda@youcansayyes.com](mailto:Lynda@youcansayyes.com)  
For more info: [www.followthelaughter.com](http://www.followthelaughter.com)

Laughter Unleashed...

# Certified Laughter Yoga Leader Training

**March 20-21, 2010**

**Saturday & Sunday ~ 9 AM - 5 PM**

Cost - \$250 by Jan 20 - \$275 by Feb 20 or \$295 afterward

**Facilitator** – Lynda Tourloukis, Certified Laughter Yoga Teacher  
(847) 401-5787 Lynda@YouCanSayYes.com

**Location** – Park Ridge Plaza 1<sup>st</sup> Floor Training Room  
350 S. Northwest Hwy. Park Ridge, IL 60068

This 2-day experiential training will give you a thorough understanding of Laughter Yoga... the history, applications, contra-indications, etc., and much practical experience so that you are able to confidently talk about and present it to various groups. All aspects of Laughter Yoga will be covered with lots of time for practice and integration.

## **You will:**

- ✦ **Receive a comprehensive training manual, notebook, notes, CD's & More**
- ✦ **Learn practical techniques and useful skills for yourself & in leading others**
- ✦ **Experience the transformational benefits of laughter yoga**
- ✦ **Gain insight into the "Inner Spirit Of Laughter"**
- ✦ **Learn to facilitate laughter yoga meditation**
- ✦ **Receive an official certificate from the Dr. Kataria School of Laughter Yoga**
- ✦ **Be listed on the international website (optional)**
- ✦ **Have lots of practice time and hands on practical experiences**
- ✦ **Be supported with follow up so the ideas planted take root & grow**
- ✦ **Receive an assortment of Follow Up Support options that are included**

Upon completion of this training you'll be able to start and lead your own laughter yoga club, give informational lectures and conduct classes, workshops and events with the general public, businesses, health facilities, special needs groups, etc.

You are unlimited in the ways that you can discover to use the information gained during the training and afterward in our support and resource follow up opportunities. Some use this experience to adapt to making a workplace situation more enjoyable, some take it on the road and create laughing groups, some create new resources for others, some get creative ideas through taking the course and others simply take it to enjoy and utilize the laughter in their own lives. Whatever your reason, know that it is sound and whatever attracts you to creating more joy in the world by taking the course...it is a great thing to add a smile to a face and enjoyment to the soul...we were created to enjoy this life, we are glad to have you!

# Certified Laughter Yoga Leader Registration Form

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_ Birth Date: \_\_\_M\_\_\_D

**Please Print Name** as you want it to appear on certificate: \_\_\_\_\_

We would like to say thank you, Who referred you to our training? \_\_\_\_\_

## Questions we ask to help give you the most out of your training:

How did you hear about the training? \_\_\_\_\_

What objective do you wish to accomplish in taking the training? \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

While it is not at all necessary, have you ever attended a laughter session before? \_\_\_\_\_ Yes \_\_\_\_\_ No

To be fully Registered for the class you can send me the above information via email or postal mail whichever is more convenient and timely for our program date.

Registration fee - \$250 payment received by 1/20 \_\_\_\_\_ \$275 by 2/20 \_\_\_\_\_ \$295 after \_\_\_\_\_

### Please send registration information to:

**BY EMAIL:** Lynda@youcansayyes.com

**BY POSTAL MAIL:** PO Box 818 Park Ridge, IL 6006

### PAYMENTS CAN BE MADE BY:

By CHECK Please make checks payable to You Can Say Yes Motivational Guidance Services

ONLINE PAYMENTS CAN BE MADE THROUGH PAY Pal to Lynda @youcansayyes.com.com

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More information can be found regarding the training and benefits at: [www.followthelaughter.com](http://www.followthelaughter.com)  
Questions? Contact Lynda Turloukis at (847) 401-5787 Lynda@youcansayyes.com



## Laughter Benefits

Laughter can offer surprising benefits to the body through physical, mental, and emotional well being. The secret of laughter yoga is that our bodies are hardwired with some surprisingly powerful natural reactions to extended hearty laughter. After just one laughter yoga session many people feel the difference. After some of the laughter meditation session's people describe surging feelings of joy and happiness. With regular sessions the mental and physical state changes for the better.

There are many benefits that affect the body in a variety of ways. This list may illustrate some:

1. **Activates your immune system**
2. **Decreases the harmful effects of stress**
3. **Aerobically exercises your heart and lungs**
4. **Relaxes muscle tension, which often means less pain**
5. **Improves digestion**
6. **Relieves depression**
7. **Rests the brain; it works like a mini-vacation for your mind**
8. **Stimulates both sides of the brain, coordinating all the senses**
9. **Improves alertness and mental processing**
10. **Increases attention span**
11. **Helps you absorb information faster and retain it longer**
12. **Improves problem solving**
13. **Reduces mistakes**
14. **Stabilizes mood swings**
15. **Inspires creativity**
16. **Improves communication**
17. **Improves your general outlook on life**
18. **Leads to a better sense of humor**
19. **Improves morale**
20. **Reduces attention-seeking complaining**

...and there are more!





## Testimonials from the Two Day Training Experience

The Training was excellent and very thorough. Lynda is able to convey a great deal of information and make it entertaining and fun at the same time! Anyone who takes this training will leave with confidence and material to lead a group and more. They will carry with them forever after the immense value of laughter.

***J. Landfield, Illinois***

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When I signed up for this training, I didn't know what to expect. I just knew I needed a change in my life and my career. I loved Lynda's energy, enthusiasm and commitment to others and the process of teaching us how to teach others. I feel confident and inspired to do this on my own. I am excited to get started!

***V. J. Williams, Illinois***

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Lynda is amazing and talented and her passion shines through in the general support of Dr. Kataria's mission for world laughter. As a Certified Laughter Leader (CLL) I was expecting to receive more enrichment on basic skills in Lynda's class, now I will be working with a more in depth knowledge and comprehensive approach. It was invaluable and Lynda went the extra mile for each of us with a variety of resources, presentations and the hands on experiences that really gave me an appreciation for the value.

***D. Cornille, Illinois***

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This training is a giggle a minute. You'll feel equipped on how to make the world move to a more joyful place one laugh at a time...I loved it.

***C. Koehler-Wright, Iowa***

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I learned a lot I could put into my practice. It was helpful in getting loose and increasing positive mental health. It was great!

***N. Tolbert-Banks, Indiana***

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I had signed up to lead a senior class and now I am going to start a club! We were given so much material and I have found that laughter really is the best medicine. When combining the yoga breathing and exercise it incorporated physical, mental and emotional health.

***J. Carpenter, Illinois***

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I had much more energy just after the 1st day. I didn't feel I had to participate if I didn't want to in the group and learned that honoring my body was important and not to worry about feeling guilty. I felt at ease because I allowed myself to laugh with myself without any judgment!

***K. Beening, Illinois***

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If you want to spread joy into your life and others - this is your training! I am thankful for turning on the laughter and appreciative for the help in remembering how to laugh...it is a great thing! I am so glad to have discovered this process to help my own well being and to spread the joy to others.

***T. Reasoner, Illinois***

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I wasn't sure just what to expect only that I thought the idea of laughing would be great to include in my life. I have done all kinds of things and been A number of places yet this was truly amazing. I could not believe how I had been suffering with pain in my knees and hip for so long and how quickly it was released. The value in sharing this with others is tremendous and Lynda Is a true gift giver! I was amazed at the energy and the orchestration of all we did. I loved it and hope to help others love it to. Thank you Lynda!

***V. Nardecchia, Michigan***

**This space is reserved for your wonderful comments after experiencing the two-day certification training!**

You will be amazed and you will feel better, maybe as some have said, better than they have ever felt. The huge release is wonderful to see as an instructor and the appreciation and acceptance that comes about as a result of this simple idea of laughter is an awesome experience each and every time I hold a class and hear the marvelous shifts that people achieve. I know that this creates a value for the experience and that those who take themselves on in this manner are the biggest givers of all. I receive too, from each and every participant who decides it is time to make a change and experiences the laughter with us

Lynda Turloukis,  
Certified Laughter Leader CLL  
Certified Laughter Yoga Leader CLYL  
Your Certified Laughter Yoga Teacher CLYT



In our training there is no right way or wrong way to do it  
There is only the way that feels good, is purposeful and gets  
you the results you want!

I look forward to having you in our upcoming class!



*Lynda Turloukis*

Director of Fun  
Queen of Choice

Creating Laughter Every Day!