

# 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?

**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 corporate environment, the list is endless.....

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!

## 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.

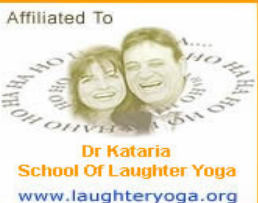
This 2-day experiential training will give you a thorough understanding of Laughter Yoga...the history, applications, contra-indications, etc., and much practical experience so that you are able to confidently talk about and present it to various groups. All aspects of Laughter Yoga will be covered with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

### You Will:

- ✦ **Receive a comprehensive training manual, notebook, hand out notes, A laughing CD & 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

The Dr Kataria School Of Laughter Yoga

### Certified Laughter Yoga leader Trainings

#### Two days of Joyful Bliss!

Where you will learn so much more about you and laughter

#### Register online at

[www.FollowTheLaughter.com](http://www.FollowTheLaughter.com)  
Click on the Training info page

#### Facilitator

Lynda Turloukis, Certified Laughter Yoga Teacher  
(847) 401-5787 [Lynda@YouCanSayYes.com](mailto:Lynda@YouCanSayYes.com)

#### Your Facilitator is a:

Certified Laughter Yoga Teacher  
Certified Laughter Yoga Leader  
Certified Laughter Leader World Tour

#### 2012 Training Dates:

Jan 28-29  
Feb 3-5 GA  
Mar 24-25  
Apr 3-May8\*  
Jun 23-24  
Aug 11-12  
Oct 18-19\*  
Dec 1-2  
*See web for class times*



## 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**

*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**

*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**

*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**

*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**

*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**

**Laughter Presentations • Laughter Workshops • Laughter Coaching • Laughter Certification Trainings • Leadership Skills • Group Coaching • Motivational Speaking • Retreats & More!**



**You Can Say Yes Motivational Guidance Services**

www.youcansayyes.com • www.followthelaughter.com

# Certified Laughter Yoga Leader

The Dr Kataria School Of Laughter Yoga

## 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? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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 my the above information via email or postal mail whichever is more convenient and timely for our program date.

Registration fee - \$295 payment \_\_\_\_\_ Certified Laughter Leaders CLL Refresher \$195 \_\_\_\_\_

### Please send registration information to:

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

**BY POSTAL MAIL:** You Can Say Yes Motivational Guidance Services  
350 S. Northwest Hwy Suite 300 Park Ridge, IL 60068

### 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

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

\* Note You can also sign up online at <http://www.FollowtheLaughter.com/training.htm>



# Questions?

Great! Every question is an education and helps you to know more... stay curious!

I am always happy to answer any questions you might have and you will find this to be very much true after the class as well. I offer great opportunities for follow up, though it is up to the individual to take advantage...

## After the Class Opportunities:

I offer these experiences after the class because I understand Leadership principles having been a Director of it and a Motivational Speaker, Presenter and Professional Coach. You will learn about yourself and how laughter fits and learn some things you may not have been aware of too all in a happy, healthy, easy and relaxed manner. What my years of experience have told me is that after any class, seminar or experience there is a tendency to open the door to a change in a great way, and then you go back home and climb back into your life...much more joyfully and more aware of course, though over time it can fade, the feeling of this change will not...you will love that. To keep change changed, here are some of the things I offer that are unique to Laughter Yoga and all for your benefit to use it and share it in the world. Our mission is world peace through laughter and if we each embrace the change to joy, then those we affect will have a happier and more joyful experience just by their interaction with us. Laugh til it helps and love what changes! You will find I am your biggest cheer leader and you will love that about me too!

Looking forward to laughing with you soon!

With Peace, Love and Laughter in mind,

Lynda Tourloukis

Director of Fun and Frolic

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

I am a giver and receiver of joyous laughter abundance

*After the Laughter*

**Daily Laughter Call...**A way to keep the laughter flowing and learn many more exercises right from the ease of laughing over the phone... 9:00-9:20am every single day of the year! (Always Free)

**Monthly Laughter Leaders Call...**I offer this for leaders to come together, share stories and ideas and ask questions about anything that pertains to a life with laughter from leadership to events and obstacles you may face. I've trained a great many in a variety of places, led laughter clubs, daily host laughter and laughed in such interesting places with presentations and workshops... so I have some experience to speak of. (Free participation for leaders)

**The Monday Funday Newsletter...**Sent out every week to leaders of laughter with ideas, concepts, laughter links for fun, learning links for your education, images and more. In 2012 I have offered this weekly newsletter as a way for leaders to get involved with contributions to expand the content (Always Free to Leaders)

**A Yahoo Group for Lynda's Leaders ..**Share what you know, ask questions, exchange of ideas, collaboration opportunities and general connection after the laughter. (Always Free)

**Workshops, Challenges and More...** Be on the lookout for what Lynda cooks up next, all benefit you, laughter yoga and the world! (typically fee based)



[www.FollowTheLaughter.com](http://www.FollowTheLaughter.com)