



**MARCH, 24/25, 2018** 10 AM - 4 PM

# LAUGHTER YOGA LEADERSHIP TRAINING

***First time in the Kootenays... Yay!!!***

You will learn: Concept, History, Physiology and Holistic Benefits of Laughter Yoga; Facilitation skills; How to laugh without jokes and teach others the same; How to start and promote Laughter Club. It's like an assertive training for those with low self-esteem.

***Who can become a Laughter Yoga Leader?***

This training is especially valuable to: First Responders, Health Care Workers, Alternate Therapists, Social Workers, Counsellors, Nurses, Teachers, Health Educators, Recreation Coordinators/Workers, Camp Counsellors, School & Yoga teachers and those interested in starting a Laughter Club. Dealing with aches and pains? You will learn a great self-healing tool. Employed? Your HR may sponsor you.

***Develop Self-Esteem, laugh and heal!***

For more info & booking, connect with the Trainer:

***Purnima Gosavi, RSW/MSW, Counsellor, Yoga Therapist***

**Cell: (778)-316 6371**

**E-Mail: [purnima@wellnessworkshophq.com](mailto:purnima@wellnessworkshophq.com)**



***Laughter Yoga is one of the easiest, fun-filled tools to connect your body, mind and spirit- instantly!!!***

***Limited Group Size. Enroll Today!!***

**Become a Certified  
Laughter Yoga  
Leader**

**Where:**

Unit 8, 7585 Main St W,  
Radium Hot Springs, BC,  
VoA 1M0

Phone: (778) 316-6371

**Fees:**

Super Early bird: \$275  
Until January 31<sup>st</sup>, 2018

Early bird: \$299

Until March 15<sup>th</sup>, 2018

Regular: \$349

Book with a friend:

Both get 10% off

Book with 4 or more:

All get 20% off

**Price includes:**

Tea/coffee, light lunch,  
certificate, folder & free  
post training support &  
practice sessions at wwhq

**Laugh. Breathe.  
Restore**



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