**Laughter Yoga 1 Day Basic Learning Course**

The Basic Learning Course is a 1-day experiential workshop in which you gain basic knowledge about Laughter Yoga and how it works and experience a Laughter Yoga session as well as Laughter Meditation. You learn how to laugh all by yourself, without comedy, humor, or jokes, and gain practical ideas to bring more laughter and joy into your life.

Laughter Yoga is a process that enables people to laugh even if they don’t feel like it. It’s an aerobic exercise program that anyone can do anytime and anywhere. Created by a Medical Doctor in Mumbai India in 1995, it combines laughter exercises with pranayama breathing techniques.

To receive the health benefits the laughter must be from the belly, sustained for a period of 15 to 30 minutes, and without jokes or humor. It is a body mind process that enhances overall health.

• Emotionally it makes people feel good in their body

• Mentally it engages all parts of the brain and promotes mindfulness

• Physically it gets all parts of the body moving

• Spiritually it unites the body mind and spirit as a form of meditation

• Socially it connects people emotionally mentally and physically

Cost: Early Bird before 3rd March R495. After 10th March R595 (RRP R650)

Date: 6th April. Time 9.30am to 4.30pm

Venue: Yogshakti

Registration: via your Yogshakti account or the Yogshakti app. If you do not have an account yet you can register via the calendar on our website.

**Merv Neal is a successful businessman, gelotologist, professional speaker, and Certified Laughter Yoga Master Trainer.** He is currently serving as CEO of Laughter Yoga Australia and New Zealand, and travels the world speaking to a variety of groups about the benefits of laughter. He has recently been involved with two research studies with Deakin University and Monash Medical Centre. They were done in conjunction with two Melbourne businesses and patients in a kidney dialysis unit.

• Laugher Yoga on the Project TV Show http://www.youtube.com/watch?v=NUe9useh2lw

• Ted Med Live Talk with Dr. Kataria http://www.youtube.com/watch?v=5hf2umYCKr8

• Demo video of Laughter Yoga https://www.youtube.com/watch?v=nzNeQ7l0CI0

**Merv Neal is from Melbourne Australia.**

**CEO Laughter Yoga Australia, Gelotologist,**

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**You Tube: The Laughing Man**

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