**Laughter Yoga 2 Day Certified Leader Training**

To lead a community-based social laughter club, or to run laughter sessions for your school or workplace, you need to do the 2-day Certified Laughter Yoga Leader program. Importantly, you will acquire facilitation skills to enable you to competently and confidently lead a group of people in laughter exercises and laughter meditation.

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 9th March R995. After 10th March R1195 (RRP R1295)

Date: 6th and 7th April. Time 9.30am to 4.30pm

Venue: Yogshakti

Registration: via your [Yogshakti account](http://yogshakti.com/my-account/) or the Yogshakti app. If you do not have an account yet you can register via the [calendar](http://yogshakti.com/timetable/) 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,**

**Laughter Therapist, and Laughter Yoga Master Trainer.**

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