

Laughter Yoga Leader Training Syllabus (2-day training)

Content	Description
Laughter Yoga Leader	2-day training course with diploma.
Course Description	<p>The course is designed to qualify participants to lead Laughter Workshops and laughter coaching sessions.</p> <p>It is ideal for groups and individuals who are looking to expand their skill sets, promote better health through laughter, and bring more laughter and well-being into their lives and the lives of others.</p> <p>The course is suitable for individual as well as companies and organisations wishing to train groups or teams within the organisation.</p>
Organisation	<p>The course is a combination of theory and practical exercises which is presented by the instructor for the participation of attendees.</p> <p>At the end of the course the participants will lead mini-presentations in order to obtain the certificate of Laughter Yoga Leader.</p>
Objectives	<p>During the two days participants will</p> <ul style="list-style-type: none"> • get an understanding of the need for therapeutic laughter • discover the origins of therapeutic laughter and Laughter Yoga • learn the basic guidelines for a Laughter Session • get to know the benefits of laughter as well as the contra-indications • find out how to start running Laughter Sessions and One-To-One Laughter Coaching
Course Topics	<p>The course will cover the following topics:</p> <ul style="list-style-type: none"> • History of therapeutic laughter and Laughter Yoga • The physiology and psychology of laughter • Benefits of laughter • Contra-indications to laughter as an exercise form • Laughter exercises • Laughter meditation • Best Practices • Laughter for seniors, children, and other groups, e.g. workplace • Laughter alone
Requirements	<p>The 'Laughter Yoga Leader Training Manual' is provided electronically for printing prior to the training.</p>
Course Certification	<p>Course participants will complete a written test of up to 10 questions.</p> <p>At the end of the course participants are required to make a short presentation involving the information and exercises learnt over the two-day training course.</p> <p>Upon completion they will each receive a Laughter Yoga Leader certificate which enables them to obtain any additional insurance required for running sessions within the workplace.</p>

