

LAUGHTERYOGA LEADERS WORKSHOP

DATE **Sunday 27th October & Saturday 2nd November 2019**

TIME **9.30 am to 4.30 pm**

VENUE Details on registration

CONTENT Health Benefits & Features of Laughteryoga
Awareness of Health Precautions
Setting up a Laughteryoga Session
Developing your own Leadership Style
Creative Play Techniques
Start & Build - History of Laughter & of Laughteryoga
Scientific Stress Principles
Running a Successful Laughter Club / Group Dynamics
Obtaining Publicity and Promotion for your Club

It is suggested that you wear loose comfortable clothing as the session will be interactive. Participants will also view videos on Dr Kataria's work and how the clubs operate around the world. Follow-up provided.

COST \$345.00 / \$295 conc. (incl. GST) Early Bird \$295 by October 17th.
\$75 deposit secures your place. Gives you training and follow up support, a Leader Manual, Basic Learning Course and Certificate of Qualification by Dr Madan Kataria, founder of Laughter Clubs International.

OUTCOME **The workshop will give you everything you need to lead sessions and to start and sustain a successful Laughteryoga Club.**

Please register me to attend the Laughteryoga Leaders Training:

Given Name Surname

Organisation (if any)

Telephone Mobile.....

Email

Address (if nesc.).....

.....Postcode

Total payment to secure my place: \$ (Minimum Deposit \$70 - Terms available)

cheque / money order made payable to David Cronin is enclosed [DO NOT SEND CASH]

Direct Banking: CBA - BSB: 065 006 Acct: 1025 7023

Remember to add your name, & please text or email

Full amount payable prior to the training
REGISTRATION ESSENTIAL

Send to David Cronin
Laughteryoga Clubs SA
PO Box 35 Stepney SA 5069

Email: davidcronin3@bigpond.com
Phone: 0415 676709

The Importance of Play

How do we deal with daily stresses in a fun, healthy way?

How can we resolve past traumas?

And how will we handle the challenging changes coming, far greater than those already here?

We are programmed to play. It is how we are meant to be. Not just as children, but all our lives. It is how we learn best, in fact, the only way we learn. Science can now show that Play is as necessary as sleep. It is the reason we are human.

In fact we play all the time. There are many **play ‘personalities’**.

The task is to be aware and play in healthy forms,

(Not shame, blame, name or same games.)

The **6 Step Play Process and 7 Play Properties** make this clear.

When my children were born, being a new parent without ‘training’, I knew I needed help. Besides reading books, I went along to hear the experts.

One bright professor impressed on me not only the vital importance of play in a child’s development, but also how easily this ability is eroded. It can disappear early, especially in today’s fast paced world. Some people never reclaim it.

There are two things to emphasize about play.

1. The first is that it involves the whole brain. MRI brain scans show that it is not just some parts that are used when playing. The whole brain lights up!
This means total integration, and total availability of all functions for problem-solving and creativity.
2. The purpose of play is to learn by doing. **So the PROCESS IS THE POINT.**

Play must be open ended. A ‘result’ is not necessary.

That is, to be absorbed in whatever is in that moment, the present.

Call it creative, but it’s all about the journey, and not the destination.

This may sound simple, but in practice it is the opposite.

Why?

Because we are accustomed to playing &/or watching competitive games, and these have a set structure. They have a defined space, a set of rules, and usually a fixed time. From a very early age children are brought into this competitive world of sport. But the world of play is a far more varied one, a wide spectrum is available.

Laughteryoga has four pillars or principles: Laugh, Play, Sing and Dance.

None of these need any special training. Rather we let our natural self guide us and we enjoy being who we really are. Dr Madan Kataria, ‘Laugh for No Reason’.

**Laughteryoga is the most powerfully effective tool
for personal transformation in the shortest possible time.**