



## Laughter Yoga: Giggling Through Wellness

**Instructor:**

Chuckles McJoy

**Location:**

Norfolk

**Course Type:**

Wellness

**Cost:**

**£65.00**

### Learning Objectives

- Understand the principles of laughter yoga and its health benefits
- Learn techniques to stimulate laughter and improve mood
- Enhance breathing techniques through playful exercises
- Develop a personal laughter routine for daily wellness
- Connect with others through shared laughter experiences

### Provided Materials

- Joyful Jingle Bells
- Aroma Therapy Essential Oils
- Laughter Logbook
- Comfy Floor Mats
- Complimentary Herbal Tea

## Skills Developed

Laughter Techniques

Breathing Exercises

Stress Reduction

Social Connection

Personal Wellness

## Course Description

Join the School of Dandori for a jubilant excursion into the world of Laughter Yoga, where smiles are as contagious as the joy they bring. Led by the effervescent Chuckles McJoy, this class invites adults of all ages to rediscover the art of laughter in a supportive and playful environment. Set in the serene landscapes of Norfolk, the class merges the physical benefits of yoga with the mental upliftment that laughter provides. Students will delve into the principles of laughter yoga, exploring how hearty chuckles can enhance physical health and emotional well-being. Chuckles will guide participants through various laughter techniques, from hearty belly laughs to soft giggles, all paired with mindful breathing exercises designed to invigorate the mind and body. In addition to learning how to cultivate laughter intentionally, participants will develop their own laughter routines to incorporate into daily life. The course materials include Joyful Jingle Bells to complement the soundscape of laughter, Aroma Therapy Essential Oils to heighten sensory enjoyment, and a Laughter Logbook for personal reflection. Comfy Floor Mats ensure maximum relaxation during the exercises, while complimentary Herbal Tea fosters a community atmosphere. This class is not only about learning the science behind laughter but also about forging friendships through shared experience. By the end, students will walk away with both practical skills and a renewed zest for life, ready to giggle their way through the day.