



Laughter Yoga with Giggles McGee

Instructor:

Giggles McGee

Location:

Canterbury

Course Type:

Wellness

Cost:

£75.00

Learning Objectives

- Understand the science behind laughter and its health benefits
- Learn and practice various laughter yoga exercises
- Develop techniques to incorporate more joy and silliness into everyday life
- Explore the connection between breathing and emotional well-being
- Cultivate a positive mindset through humor and play

Provided Materials

- Laughter yoga manual
- Comfy yoga mats
- Bubble wand for laughter exercises
- A 'Joy Journal' for personal reflections
- Colorful, silly hats to wear during sessions

Skills Developed

Laughter therapy

Mindfulness

Breathing techniques

Stress reduction

Emotional wellness

Course Description

Step right into a world of merriment and wellness with our 'Laughter Yoga with Giggles McGee' class, nestled in the serene city of Canterbury. Designed for adults who find themselves bogged down by the humdrum of daily life, this class is the perfect antidote. Led by our charismatic instructor, Giggles McGee, a certified Laughter Yoga Leader with a penchant for whimsy, you'll embark on a journey to rediscover the simple joy of laughter. During the class, you'll engage in various laughter yoga exercises that not only tickle your funny bone but also enhance your physical and emotional well-being. We'll delve into the fascinating science of laughter and its profound effects on stress reduction, immune boosting, and overall happiness. Each session begins with gentle breathing, followed by playful exercises like 'The Merry Mime', where you'll engage in exaggerated expressions and hilarious scenarios. You'll leave armed with practical techniques to incorporate laughter into your daily routine, whether it's through spontaneous giggles or structured laughter sessions. As a bonus, each participant receives a 'Joy Journal' to jot down their reflections, a whimsical reminder of the laughter shared. So don your silliest hat, grab your bubble wand, and join us for a class that promises an uproarious good time, all while fostering a healthier, happier you.