



Laughter Yoga with Giggle Guru Graham

Instructor:

Giggle Guru Graham

Location:

Brighton

Course Type:

Wellness

Cost:

£85.00

Learning Objectives

- Master the art of laughter yoga techniques for wellness
- Understand the physiological benefits of laughter
- Develop skills to incorporate laughter into daily routines
- Learn to lead a laughter yoga session for friends and family
- Gain techniques to reduce stress through humor and laughter

Provided Materials

- Laughter guidebook
- Comfy yoga mat
- Laughter-inducing props
- Giggle journal
- Certificate of Giggle Proficiency

Skills Developed

Stress Reduction

Mindfulness

Physical Wellness

Mental Health

Public Speaking

Course Description

Join Giggle Guru Graham in a playful exploration of Laughter Yoga—a unique fusion of yoga breathing techniques and intentional laughter exercises designed to boost your mood and health. Set in the vibrant locale of Brighton, this whimsical class invites you to let go of your inhibitions and embrace the joyous art of laughter. Throughout the session, you'll engage in a series of laughter exercises carefully curated to take you on a journey from gentle chuckles to hearty guffaws. Graham, with his infectious sense of humor and extensive knowledge, will lead you through exercises like the 'Lion's Roar of Laughter' and 'The Chuckling Sun Salutation', all aimed at enhancing your emotional well-being. You'll also learn about the science behind laughter and its benefits, such as increased oxygen intake, improved cardiovascular health, and reduced stress levels. By the end of the class, you will not only have mastered various laughter yoga techniques but also gained confidence to lead your own session within your community. You'll leave with a renewed sense of joy, a giggle journal documenting your laughter journey, and a Certificate of Giggle Proficiency. Whether you come alone or bring a friend, this class guarantees smiles and skills that will last a lifetime.

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For more information, visit our imaginary website or contact our fictional admissions office.