



Giggling Yoga with Highland Yeti

Instructor:

Lachlan McGiggles

Location:

Scottish Highlands

Course Type:

Wellness

Cost:

£75.00

Learning Objectives

- Understand the basics of laughter yoga and its benefits
- Practice yoga poses designed to induce giggles
- Learn techniques for integrating joy into daily routines
- Explore the natural beauty of the Highlands through playful movement
- Experience group dynamics that foster community and connection

Provided Materials

- Yoga mats
- Giggle-enhancing goggles
- Highland-inspired playlist
- Joy journal
- Complimentary herbal tea

Skills Developed

Laughter Yoga

Stress Relief

Mindfulness

Community Building

Nature Connection

Course Description

Join Lachlan McGiggles for a rollicking adventure into the whimsical world of laughter yoga, set against the stunning backdrop of the Scottish Highlands. This class combines traditional yoga poses with the art of giggling, as students learn to laugh their way to wellness. Begin with gentle stretches and breathing exercises designed to prepare the body for a surge of joy. Lachlan will guide you through poses like "Ticklish Tree" and "Rolling Rock" to unleash bouts of laughter, releasing tension and boosting mood. Between poses, explore how to incorporate spontaneous joy into everyday life, using techniques like the 'Giggle Pause' and 'Joyful Mindfulness'. As you giggle through the class, soak in the Highland scenery and discover ways to connect playfully with nature. Enjoy the camaraderie of fellow joy-seekers, as laughter becomes a tool for building a supportive community. At the end of the session, reflect on your experience in your Joy Journal, while savoring a cup of complimentary herbal tea. Whether you're looking to lighten your spirit or find a playful side of wellness, Giggling Yoga promises an unforgettable journey towards happiness and health.

Class ID: CLASS_1977 | School of Dandori

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