



SCHOOL OF
DANDORI

Laughter Yoga & Giggleology

Instructor:

Professor Chucklesworth

Location:

Bath

Course Type:

Wellness

Cost:

£75.00

Learning Objectives

- Learn the therapeutic benefits of laughter and apply them in daily life.
- Explore the art of giggle meditation to alleviate stress.
- Master techniques to induce a genuine belly laugh.
- Discover playful breathing exercises to enhance well-being.
- Understand the science behind why laughter is the best medicine.

Provided Materials

- Comfy yoga mats
- Giggle journals
- Tickle feathers
- Laughter soundtracks
- Scented giggle candles

Skills Developed

Wellness

Stress Relief

Mindfulness

Joy Enhancement

Therapeutic Laughter

Course Description

Join Professor Chucklesworth in Bath for an unforgettable journey into the realms of Laughter Yoga & Giggleology—a course designed to tickle your funny bone and nourish your soul! This whimsical class combines the ancient practice of yoga with the joyous science of giggleology. Adults will be led through playful exercises that promote laughter as a form of therapy, enhancing their mental well-being and relieving stress. Participants will start with giggle meditation sessions, where they'll explore methods to naturally induce genuine belly laughs. Professor Chucklesworth will introduce techniques to encourage laughter through humorous storytelling and interactive games. Students will also practice playful breathing exercises, combining them with laughter to achieve a state of blissful relaxation. The course will delve into the science behind laughter as a healing tool, offering insights into how a daily dose of giggles can transform one's mood and overall outlook on life. By the end of the class, students will have mastered the art of laughter yoga and be equipped with practical tools to incorporate joy into their everyday routine. Come prepared to giggle, breathe, relax, and let go of life's stresses in the beautiful city of Bath, where laughter truly is the best medicine!

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