SCHOOL OF
DANDORI

Laughter Yoga with Chuckles McGee

Instructor:

Chuckles McGee

Location:

Lake District

Course Type:

Mindfulness

Cost:

£75.00

Learning Objectives

• Understand the principles of laughter yoga and its benefits

• Learn techniques to induce laughter as a form of exercise

• Explore mindfulness through playful activities and games

• Recognize the positive effects of laughter on stress and mood

• Develop personal practices to incorporate joy into daily life

Provided Materials

• Yoga mat

• Giggle guide booklet

• Joyful Jester hat

• Tickle Feather

• Mindfulness journal

Skills Developed

Mindfulness   Stress Relief   Exercise   Joy Cultivation

Personal Wellbeing

Course Description

Join Chuckles McGee, a delightful laughter yoga expert, in the serene setting of the Lake District for a whimsical journey into the world of mindful joy. This class, 'Laughter Yoga with Chuckles McGee', is designed to release your inner child and fill your days with laughter and lightness. Starting with the basics, Chuckles will teach you the foundational principles of laughter yoga, highlighting the physiological and psychological benefits of hearty laughter. Through engaging exercises and interactive games, students will learn to induce laughter as a form of exercise, effectively turning giggles into a workout. Simultaneously, participants will delve into mindfulness practices, fostering a deeper connection to the present moment and enhancing their emotional well-being. The class will also explore how regular laughter can significantly reduce stress and improve mood, presenting tools to integrate these joyful practices into everyday life. You'll receive your very own Tickle Feather and a Joyful Jester hat to keep the fun going at home. Whether you're looking to boost your spirits or simply want to try something uniquely cheerful, 'Laughter Yoga with Chuckles McGee' promises a day of mirth, learning, and unforgettable moments.

Class ID: CLASS_7005 | School of Dandori

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