



Laughter Yoga: Giggles & Guffaws

Instructor:

Professor Chuckles McGiggle

Location:

Brighton

Course Type:

Mindfulness

Cost:

£45.00

Learning Objectives

- Learn techniques to incorporate laughter into daily mindfulness practices
- Understand the health benefits of laughter and positive thinking
- Develop skills to create and lead a laughter yoga session
- Explore the connection between laughter and holistic wellness
- Improve social connections through shared laughter experiences

Provided Materials

- Joyful yoga mats
- Laughter logs
- Giggle bubbles
- Cheery tambourines
- Mindful mirth journal

Skills Developed

Mindfulness

Laughter Therapy

Yoga

Wellness

Group Facilitation

Course Description

Welcome to 'Laughter Yoga: Giggles & Guffaws,' a delightful class where mindfulness meets merriment! Led by the jovial Professor Chuckles McGiggle, this session invites you into a world where laughter is the best medicine. Set in the vibrant city of Brighton, the class takes place in a serene studio filled with colorful decorations and a warmth that inspires joy. During this playful experience, you'll learn how to blend laughter into your daily mindfulness practices, discovering the profound health benefits of positive thinking and joyfulness. Professor McGiggle will guide you through laughter yoga techniques, teaching you how to create and lead your own sessions, perfect for cultivating happiness in yourself and others.

Participants will engage in joyous activities like 'Giggle Meditation' and 'Cheerful Chanting,' utilizing provided materials such as joyful yoga mats and giggle bubbles to enhance the experience. You'll explore the deep connection between laughter and holistic wellness, understanding how a simple chuckle can improve mental health and forge meaningful social bonds. By the end of this whimsical class, not only will you have improved your own sense of well-being, but you'll also gain the skills needed to spread laughter in your community, ensuring happiness is contagious! Join us for a session where every giggle counts as a step towards a more mindful, joyful life.