



# Laughter Yoga and Giggle Pottery

**Instructor:**

Joyce Chuckles

**Location:**

Peak District

**Course Type:**

Wellness

**Cost:**

**£75.00**

## Learning Objectives

- Master the basics of laughter yoga for stress relief
- Create unique pottery pieces while laughing
- Understand the health benefits of laughter and creativity
- Develop techniques for incorporating joy into daily routines
- Connect with others through shared joyful experiences

## Provided Materials

- Clay and pottery tools
- Yoga mats
- Aprons
- Laughter yoga guidebook
- Complimentary herbal tea

## Skills Developed

Wellness

Mindfulness

Creativity

Stress Relief

Community Building

## Course Description

Join us in the enchanting landscapes of the Peak District for an unforgettable fusion of laughter yoga and pottery in this delightful class. Led by the effervescent Joyce Chuckles, 'Laughter Yoga and Giggle Pottery' is a whimsical adventure into the realms of joy and creativity. This class is designed to teach participants how to tap into the boundless potential of laughter to enhance well-being and creativity. The session begins with an invigorating laughter yoga session where you will learn exercises that combine deep breathing and playful laughter. These techniques are not only fun but have been shown to reduce stress, improve mood, and support overall health. Once your spirits are lifted, we transition into the pottery studio where laughter continues to flow. With clay in hand, you will create pottery pieces that capture the joy of the moment. Joyce will guide you through basic pottery techniques as you mold clay into expressive shapes and forms, all while maintaining a light-hearted atmosphere. Throughout the class, participants will explore the profound connection between laughter and creative expression. Joyce will share insights on how to incorporate joyous practices into everyday life, ensuring that the benefits extend far beyond the classroom. With the sound of giggles echoing in the studio and the beauty of your unique pottery in hand, you will leave with both tangible creations and a renewed zest for life.