



Laughter Yoga and Symphony of Silliness

Instructor:

Professor Chuckles McGiggle

Location:

Inverness

Course Type:

Wellness

Cost:

£45.00

Learning Objectives

- Master basic laughter yoga techniques to improve mental well-being
- Explore the physical and mental health benefits of laughter
- Cultivate a sense of playfulness and light-heartedness
- Develop improvisational skills through humorous exercises
- Create and perform a group 'symphony' using unconventional instruments

Provided Materials

- Laughter Yoga mat
- Squeaky horns
- Jokes manual
- Kazoos
- Props for improv skits

Skills Developed

Wellness

Mental Health

Improv

Team Building

Performing Arts

Course Description

Join Professor Chuckles McGiggle as he leads you through a joyous journey in 'Laughter Yoga and Symphony of Silliness'. Set in the picturesque town of Inverness, this class is designed to shake the serious cobwebs off your soul and replace them with giggles and guffaws. You'll start by mastering the basics of laughter yoga, an innovative practice where the act of laughing is combined with calming yoga postures. This session aims to enhance your mental well-being and alleviate stress. After a hearty session of chuckles, students will embark on an adventure of creativity by forming a 'Symphony of Silliness'. Using unconventional instruments like kazoos, squeaky horns, and other whimsical props, you'll co-create a cacophony of comedic sounds. Collaborating with fellow students, you'll learn the art of improvisation, discovering how to blend humor with music to produce a performance that is both unique and unforgettable. Whether you're a novice to the world of wellness or a seasoned seeker of joy, 'Laughter Yoga and Symphony of Silliness' promises to provide a medley of mirthful memories and practical skills that you can carry into everyday life.

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