



Laughter Yoga and Juggling for Joy

Instructor:

Giggles McGee

Location:

Peak District

Course Type:

Mindfulness

Cost:

£55.00

Learning Objectives

- Practice mindfulness through laughter yoga techniques
- Learn basic juggling skills for improved hand-eye coordination
- Understand the benefits of laughter for mental health and stress relief
- Develop breathing exercises that promote relaxation
- Foster a sense of playfulness and joy in everyday life

Provided Materials

- Juggling balls
- Yoga mat
- Laughter guide booklet
- Water bottle
- Mindfulness journal

Skills Developed

Mindfulness

Stress Relief

Coordination

Mental Health

Playfulness

Course Description

Step into a world where laughter is the best medicine and juggling is more than just child's play. Led by the ever-joyful Giggles McGee, this class combines the ancient practice of laughter yoga with the playful art of juggling, all set against the serene backdrop of the Peak District. Perfect for adults seeking a break from the monotony of daily life, this class will teach you how to find joy and mindfulness through simple, yet effective techniques. Participants will start their journey with laughter yoga, a unique exercise routine that uses laughter as a tool for wellness and mindfulness. Giggles McGee will guide you through a series of breathing exercises and playful improvisations to induce genuine laughter, helping to reduce stress and boost mood. Once you're warmed up, you'll venture into the world of juggling. Using provided juggling balls, you'll learn basic tricks and techniques that improve hand-eye coordination and stimulate the brain's pathways for concentration and focus. As you navigate the challenges of juggling, you'll discover a new sense of playfulness and joy. Throughout the class, you'll keep a mindfulness journal to reflect on your experiences, capturing those moments of laughter and triumph. By the end of this whimsical class, you'll have practical skills to bring joy and mindfulness into your everyday life, leaving you feeling refreshed and reinvigorated.