



# Giggles & Garlands: The Art of Laughter Yoga

**Instructor:**

Professor Chuckleberry

**Location:**

Windsor

**Course Type:**

Wellness

**Cost:**

**£75.00**

## Learning Objectives

- Discover the benefits of laughter for mental health and wellness
- Learn and practice various laughter yoga exercises
- Improve breathing techniques to enhance relaxation
- Understand the science of joy and its impact on overall wellbeing
- Build a toolkit of daily practices to incorporate joy into life

## Provided Materials

- Laughter Yoga Mat
- Giggle Journal
- Breathing Ball
- Joyful Jester Hat
- Bottle of Bubbly (non-alcoholic)

## Skills Developed

Laughter Yoga

Breathing Techniques

Mindfulness

Stress Relief

Wellness

## Course Description

Join us at the School of Dandori for an enchanting session of Giggles & Garlands: The Art of Laughter Yoga, led by the illustrious Professor Chuckleberry in the delightful domain of Windsor. This class is a joyous escape into a world where laughter is the best medicine! Designed for adults seeking a unique and uplifting experience, participants will delve into the art and science of laughter yoga—an exceptional method of combining laughter exercises with yogic breathing. Throughout the session, students will engage in various playful exercises that promise to tickle their funny bones, all while learning breathing techniques to enhance relaxation and wellbeing. By the end of the class, participants will have explored the profound impact of joy on mental health and constructed a personal toolkit of practices to seamlessly incorporate more delight into their daily lives. Professor Chuckleberry, revered for his ability to inspire smiles, will guide students through interactive activities designed to release stress and cultivate happiness. Students will leave with their very own Laughter Yoga Mat, a Giggle Journal to capture moments of joy, as well as a Joyful Jester Hat to remind them that laughter is always in vogue. A bottle of non-alcoholic bubbly will be provided to toast the newfound wisdom of wellness. Come prepared to laugh till you cry and learn skills that nourish the soul.