



SCHOOL OF  
DANDORI

## Laughter Yoga & Joyful Juggling

**Instructor:**

Mr. Chuckles

**Location:**

Inverness

**Course Type:**

Wellness

**Cost:**

**£75.00**

### Learning Objectives

- Understand the benefits of laughter yoga for mental health and well-being
- Learn basic juggling techniques to improve coordination and focus
- Develop a personalized daily routine incorporating laughter and movement
- Explore the connection between physical activity and emotional happiness
- Create a supportive environment for sharing joy and positive energy

### Provided Materials

- Laughter yoga mats
- Colorful juggling balls
- Joy journal
- Inspirational quotes booklet
- Access to upbeat playlists

## Skills Developed

**Mental Wellness**

**Physical Coordination**

**Stress Relief**

**Positive Energy**

**Mindfulness**

## Course Description

Welcome to 'Laughter Yoga & Joyful Juggling' at the School of Dandori, where joy is the priority, and laughter is the best medicine. Dive into a whimsical world in Inverness led by our esteemed instructor, Mr. Chuckles, whose expertise in spreading smiles is unparalleled. This class merges the art of laughter yoga with the playful skill of juggling, designed to lift spirits and boost mental health. Begin your journey with an introduction to laughter yoga, where you'll learn how intentional laughter can reduce stress, improve mood, and enhance your well-being. Embrace the power of giggles as you stretch out on your laughter yoga mat. Mr. Chuckles will guide you through fun exercises that combine breathing, laughter, and movement. Next, transition into the joyful world of juggling. Learn basic techniques with colorful juggling balls that will enhance your coordination and focus. Discover how the rhythmic flow of juggling can bring a sense of calm and satisfaction. Throughout the class, you'll keep a 'Joy Journal' to record your experiences and reflections, helping you build a personal routine that blends laughter and physical activity. With access to inspirational quotes and upbeat playlists, you'll create a supportive environment that encourages sharing joy and positive energy. Join us in Inverness for a unique blend of wellness practices that nourish the soul and unfurl smiles aplenty!

Class ID: CLASS\_4971 | School of Dandori

For more information, visit our imaginary website or contact our fictional admissions office.