



Laughter Yoga & Chuckle Therapy

Instructor:

Professor Gigglebottom

Location:

Northumberland

Course Type:

Wellness

Cost:

£65.00

Learning Objectives

- Master the art of laughter meditation to reduce stress
- Explore the physiological benefits of hearty laughter
- Learn techniques to incorporate humor into daily life
- Understand the science of laughter and its effects on mood
- Create personalized laughter routines for self-care

Provided Materials

- Laughter Journal for personal reflections
- Silly props like clown noses and whoopee cushions
- Laughter Yoga manual
- Access to a curated playlist of funny videos
- A set of laughter cue cards

Skills Developed

Stress Reduction

Meditation

Humor Techniques

Emotional Wellness

Mindfulness

Course Description

Join us for a truly unique experience in the art of laughter with 'Laughter Yoga & Chuckle Therapy,' conducted by the ever-joyful Professor Gigglebottom. This class is set in the beautiful, serene landscapes of Northumberland, where the blend of nature and humor will rejuvenate your spirit. During this whimsical session, adults will explore the therapeutic benefits of laughter. We'll delve into laughter meditation, where guided sessions will teach you how to harness laughter to release stress and bring joy. Discover how laughter can be used as a tool for emotional wellness through the science of humor, learning how it affects your mood and overall health. Participants will engage in interactive exercises such as 'Guffaw Games' and 'Chortle Challenges' that are designed to stretch your giggle muscles. You'll also create your own 'Humor Routine,' a personalized set of practices to incorporate laughter into your daily life. In addition to learning laughter techniques, students will receive tangible materials to support their journey, including a Laughter Journal for capturing moments of joy, and a set of laughter cue cards to remind you of your newfound skills. This delightful foray into the world of laughter will leave you with the tools and techniques to bring more lightness into your everyday life, making it the perfect escape from the mundane.