

CALGARY – OCTOBER 19– 21st 2018

LAUGHTER YOGA CERTIFICATION

- **FRIDAY**
October 19th
6:30—8:30 PM
- **SATURDAY**
October 20th
9:00—5:00 PM
- **SUNDAY**
October 21st
9:00—3:00 PM

Calgary Chinese Cultural Centre

**197 1st Street SW
Calgary
Room 307**

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LAUGH & PLAY EVERYDAY

Enrich your life with laughter and become a Certified Laughter Yoga Leader. Learn how to integrate more laughter into your daily work and personal life. Join Lora Pesant and Cheryl Ann Oberg for this unique weekend training program that just will change the way you live with joy through laughter!

After the completion of this training program you will be qualified as a Certified Laughter Yoga Leader (CLYL), Laughter Yoga Inter-



national University is an internationally recognized certification. As CLYL, you can lead Laughter Yoga Sessions in Seniors and Healthcare Facilities, Schools, Colleges and Universities, Yoga and Fitness Cen-

tre's, Corporate Clients, community groups and not for profit agencies. Integrate Laughter Yoga into your own business practice, instruction, or healing modality.

LAUGHTER YOGA FOR HEALTH & HAPPINESS

In today's world, people want to be healthy, they want to be happy, but instead they are getting stressed out, depressed, getting less sleep, more negative thoughts and feeling isolated. Laughter Yoga is a unique concept where anyone can laugh as a form of exercise in a group, which soon turns into real and spontaneous laughter. Laughter Yoga was developed by a medical doctor from India, Dr. Madan Kataria and has spread across 72 countries. Find out more about the benefits of Laughter Yoga on your mind, body & spirit. Visit www.laughteryoga.org

CERTIFIED LAUGHTER LEADER TRAINING

- ◆ Gives you a thorough understanding of Laughter Yoga.
- ◆ Enables you to confidently talk about Laughter Yoga and the Benefits of laughter.
- ◆ Gives you practice creating new laughter exercises.



Laugh Until It Helps!

- ◆ Adds more laughter into your life, both with others and yourself.
 - ◆ Allows you to understand and experience joy through laughter.
 - ◆ Shows you how to release tension in a safe and positive way.
- ◆ Inspires and empowers you to start your own Laughter Club.
 - ◆ Teaches you the skills and give you the confidence to teach Laughter Yoga classes, both with the public and special needs groups.
 - ◆ Enables you to incorporate laughter appropriately into your professional & personal relationships.
 - ◆ Connects you with a network of Laughter Professionals in Alberta an through Laughter Yoga International from around the world.
 - ◆ Provides an environment in which we will laugh without inhibition.
 - ◆ A weekend of FUN memories and new laughter friends.

**Don't postpone
Joy!**

**Together we can
lead the world to
health, happiness
and peace
through laughter.**

WHAT WILL YOU LEARN

The physical, mental & emotional benefits of laughter

How to laugh without Humour, comedy or props

The history of Laughter Yoga & the Therapeutic benefits

How to take laughter seriously without becoming serious yourself

How to effectively manage group laughter with a variety of participants

(1–100 years young)

Training & practice of 40 Foundation exercises & guidelines on how to create your own Laughter Yoga exercises.

How to lead groups to deeper levels of joy and inner peace through Laughter Meditation

How to start and run a Laughter Club & market your services

WHO SHOULD ATTEND

- ◆ Physical Therapists
- ◆ Occupational Therapists
- ◆ Activity Directors
- ◆ Healthcare Professionals



- ◆ Eldercare Professionals
- ◆ Psychologists & Psychiatrists
- ◆ Social Workers
- ◆ Yoga Instructors
- ◆ Fitness Teachers
- ◆ Teachers
- ◆ University & College Educators
- ◆ HR Professionals
- ◆ Counselors
- ◆ Life Coaches
- ◆ Alternative Therapists
- ◆ Healers
- ◆ Entertainment Professionals
- ◆ Anyone wanting to add more joy and laughter to their lives like YOU!

TUITION FEE INCLUDES

- ◆ 16 hours of training
 - ◆ Five Refreshment breaks
 - ◆ Dr. Kataria's Laughter Yoga Training Manual
 - ◆ Continued Support from Lora & Cheryl Ann
 - ◆ A lifetime of Joy, Laughter & Play
 - ◆ \$350.00 + GST
- (Students, Seniors and CLYL Refresher request a special discount)

**YES . . . I would like to
be an expert at
inspiring others to
create more joy,
laughter and play
everyday!**

LAUGHTER YOGA - THE BEST MEDICINE

Laughter Yoga is indeed the best medicine to be prescribed for seniors to keep them in good cheer, with a distinct rise in life expectancy due to the advances in medical science, the population of our seniors is likely to triple by the

year 2020. As the joint family structure crumbles and youngsters steer away from parents, the seniors, particularly in the west, find themselves alone either in aged care facilities or old age homes. They are prone to frequent

bouts of depression that often leads to a debilitating condition. Laughter Yoga builds caring sharing relationships and is the key to a happy and healthy life! You will hold the key to unlock these joyful treasures!



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Call to Book Your Spot
Today!

Lora is a Facilitator, Laughter Yoga Teacher and Hatha Yoga Teacher. Laughter Yoga has had a huge impact on Lora's life. Following a disturbing travel experience in 2010, Lora spent several months experiencing severe anxiety. Seeking something to help with her anxiety, Lora ventured from Dunedin, New Zealand (where she was living at the time) to Christchurch, New Zealand to be trained as a Laughter Yoga Leader. Ironically, this training took place just after the first of several major earthquakes in Christchurch. Although hesitant to go at first, she has been laughing regularly ever since and finds herself facing many anxiety provoking situations with ease.

Wherever Lora is in the world, she loves sharing her laughter as she finds it a barrier-free way to build connections, let your inner joy flourish, and to simply enjoy!

Cheryl Ann is a unforgettable speaker who inspires people to create more joy , laughter & play in their everyday life for the perfect day!

A leading authority on the relationship between healthy humour and laughter and is known for her energetic, entertaining and content-rich programs. Sharing her gift of humour & laughter at conferences as a keynote speaker, with families & children in the hospitals, seniors living in care facilities, corporate teams in the workplace, schools, college and universities. Thousands of people have enjoyed the benefits of learning how to have more joy, laughter & play in their everyday life! Cheryl Ann has been a Certified Laughter Yoga Leader since 2001, a Therapeutic Clown since 1995 and a Certified Humour Professional since 2008.

Our day dreams are visions for a life worth living! Dream the life you want to live . . . Then go live it! Cheryl Ann Oberg