

**When was the last time you laughed?** I mean really laughed out loud with wild abandon. Wouldn't you love to be in a position to engage lots of people in purposeful playful laughter every day?! Now's your chance to do it – with me!

## Laughter Yoga Leader Training - in Minnesota

- This is an interactive, immersive experience.
- What's Included?
  - Theory —the history, concept, philosophy, health benefits and techniques of Laughter Yoga
  - Practice – there will FUN homework to get you started feeling comfortable with the information, presenting it and practicing it yourself
- Lots of LAUGHTER, PRACTICING, and PRESENTING for MASTERY!
  - Learning Laughter Yoga in a group you'll enjoy the energy and camaraderie of others in a safe, fun, and empowering environment.
  - This will be a 16-hour training with hands-on experience where you will have the opportunity to practice what you have learned in real-life situations - presenting to your co-students, to an outside group. (either to a senior center or Ronald McDonald House).

**Leader Certification** will be earned at the conclusion of the in-person training and will enable you to lead Laughter Yoga sessions on your own. You must attend the entire training to earn the certification. The certificate will be presented from Madan Kataria's Laughter Yoga University.

Dates and times will be determined and posted as the specific training is scheduled. In-person trainings will be held in Minneapolis, Minnesota.

Contact me to explore the possibility of a Zoom training. I am also willing to explore traveling to where you live to hold a training there. Typically, I require a minimum of 6 people to create a training. **Each training is limited to the first 12 people to sign up, so don't wait - reserve your spot today!**



*"I just completed the Laughter Yoga Leader certification with Sarah as the trainer. We had a lot of fun and learned a wonderful new skill. I am adding this credential to my resume. What future employer wouldn't want someone on their staff who knows a technique to help colleagues deal with stress, improve trust, teamwork and focus in the workplace and instills an atmosphere of positivity and fun. Think about adding Laughter Yoga Leader to your skill set!"*

Dorothy S, Librarian, Minnesota

**Cost of training is \$425. Sign up with a friend and each save \$50.**  
**Already a Laughter Yoga Leader and want a refresher course? Join us for \$225.\***  
**\*Limit one discount applied per participant.**

*Sarah Rautman*

Call me with questions: 612-802-1608 [Sarah@LaughHealthy.com](mailto:Sarah@LaughHealthy.com)

