

**Get more laughter into your everyday life,  
improve your health, discover new skills and  
enjoy yourself in new ways**

## **Become a Laughter Leader**

**Not only will you expand your laughter horizons,  
you'll have an ability you can share with others**

**Laughter Yoga Leader Training**

**July 13-14 2013, 9am-5pm, Youthline House, Grey Lynn**

**This is the course for** people looking for new ways to release stress, people looking to pep up their lives, people who want more fun in their lives. Laughter does all this and Laughter Yoga provides an easy way for people to get the goodness of laughter. Developed by Dr Madan Kataria in 1995, it brings together two ideas:  
— we benefit from laughter whether it is real or simulated  
— we don't need humour, jokes or comedy to laugh

**Like the idea and want to know more?**

### **During the training you will**

- ✓ Gain a good understanding of Laughter Yoga
- ✓ Acquire the skills and confidence to lead or support a Laughter Yoga Club
- ✓ Become qualified to start and run a Laughter Yoga club
- ✓ Practise the fundamental exercises of Laughter Yoga
- ✓ Have lots of fun in good company over a memorable weekend

If you are already a member of a Laughter Club this course will deepen your enjoyment and understanding of Laughter Yoga.

The training includes the official Laughter Yoga Training Manual and Certificate.

### **About the Trainer**

Since he discovered Laughter Yoga in 2006, Bob Harvey has been an avid fan, relishing the friendship, physicality and fun of it all. He thinks everyone should have the chance to feel so good.

A regular at the Ponsonby Laughter Club, Bob became a Certified Laughter Yoga Leader in 2008. In 2009 he trained with Laughter Yoga founder, Dr Madan Kataria, as a Certified Teacher for Laughter Yoga Leaders. He has been co-leading the Ponsonby Laughter Club for several years and has been training new leaders since 2010.

### **Registration**

Cost \$295. Space is limited – a \$50 deposit reserves your place  
Refresher fee for returning leaders \$130  
Vegetarian lunch, plus morning and afternoon tea each day

### **Earlybird Specials**

*Reduced rates for early payment*

**Paid in full by 20 May: \$240 Save \$55**

**Paid in full by 13 June: \$260 Save \$35**

For registration form and more information please contact:

Bob: 021 646 280

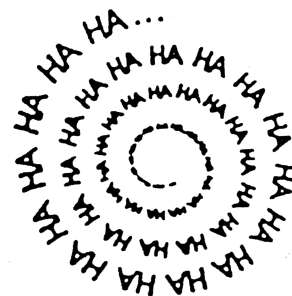
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Email: [laughteryoganz@gmail.com](mailto:laughteryoganz@gmail.com)

Post: Laughter Yoga NZ, PO Box 47 420, Ponsonby 1144

Find out more about Laughter Yoga at [www.laughteryoga.org.nz](http://www.laughteryoga.org.nz)

**Training provided by the combined Auckland Laughter Clubs**



# Certified Laughter Yoga Leader Training Registration Form

Please register me for the Certified Laughter Yoga Leader Training, Youthline House, 13 Maidstone St, Grey Lynn, Auckland on July 13-14 2013. I enclose the appropriate payment, detailed below. I agree to the standard terms and conditions of the Dr Kataria School of Laughter Yoga as set out below.

<b>Your details</b>	Name:			
	Email:			
	Postal Address:	Home phone:		
		Work phone:		
		Mobile phone:		
	Occupation:	Gender:		Age:

<b>Payment</b>	<i>What rate are you paying?</i>			
	\$240 early bird special (paid in full by 20 May 2013)	<input type="checkbox"/>		
	\$260 early bird special (paid in full by 13 June 2013)	<input type="checkbox"/>		
	\$295 full training fee	<input type="checkbox"/>		
	\$50 deposit, balance of \$245 to be paid prior to the event	<input type="checkbox"/>		
	\$130 refresher fee for returning leaders	<input type="checkbox"/>		

**Please note that any payments made after 7 July 2013 must be in cash**

I am paying by:	Cheque <input type="checkbox"/>	<b>Signature</b>	<b>Date</b>
	Direct Deposit <input type="checkbox"/>		

**Cheque:**  
*post to*

Laughter Yoga NZ, PO Box 47 420, Ponsonby, 1144
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**Direct Deposit:**  
*Please put your name as the reference*

Laughter Yoga NZ Account No: 38 9008 0430364 00 Kiwibank, Ponsonby Branch
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### The Small Print – Laughter Yoga International Terms & Conditions

Persons attending any training courses run under the auspices of Dr Kataria School of Laughter Yoga are required to agree to the following terms and conditions before the start of the course:

- Full payment must be received before the course. If you paid by direct deposit bring a copy of the bank document to course registration.
- Students are required to sign a standard disclaimer before starting any training course. Copies may be requested on registration.
- On-time attendance is required for all sessions. Please arrive ten minutes early. Late arrivals may not be permitted entry.
- Students are required to follow instructions from the trainer or any of staff members, are expected to maintain a respectful attitude towards trainers and staff, and must be careful not to disrupt sessions or cause inconvenience to other students.
- Question times will be allocated.
- Mobile phones must be switched off or put to silent (non-vibrating) mode during sessions.
- The taking of photos, videos or recordings is not allowed without permission of the trainer.
- The taking of any drugs or alcohol before or during training is not allowed, other than prescription medicines.
- Copyright for any photos, videos or recordings taken during courses will be for Dr Kataria School of Laughter Yoga.
- Complaints may be directed to the organisers. If satisfaction is not received please direct complaints to Dr Kataria School of Laughter Yoga at [info@laughteryoga.org](mailto:info@laughteryoga.org).
- Dr Kataria School of Laughter Yoga reserves the right to take photos, videos or recordings of any parts of the course and to use this material in any promotional or commercial publications.
- Students agree that all knowledge and materials provided to them by the Dr Kataria School of Laughter Yoga during the course and thereafter shall remain the copyright of Dr Kataria School of Laughter Yoga and that they shall not make this knowledge or material public other than in promoting or running training courses on behalf of the Dr Kataria School of Laughter Yoga.
- Certification of students is at the discretion of the trainer and Dr Kataria School of Laughter Yoga and is subject to the performance and abilities of the student. In some cases students may be requested to fulfil further requirements prior to certification.
- Course booking cancelled more than one month before the course will receive a full refund, less 10% to cover administration and banking costs. Later cancellations may receive a full or partial refund at the discretion of Dr Kataria School of Laughter Yoga or their representatives.
- Dr Kataria School of Laughter Yoga reserves the right to cancel or reschedule any program, in which case full refunds will be made. Please be sure to purchase travel insurance in case you need to cancel or change your travel plans.
- Attendees acknowledge that copyrights in the terms 'laughter yoga', 'laughter yoga club' and 'laughter yoga clubs' are owned by Laughter Yoga International and agree not to use these without the permission of Laughter Yoga International.

*Issued by Laughter Yoga International on behalf of the Dr Kataria School of Laughter Yoga, Dr Madan Kataria, Dr Kataria's School of Laughter Yoga, A-1, Denzil, 3rd Cross Road, Lokhandwala Complex, Andheri (W), Mumbai, Tel +91 22 2631 6426, [info@laughteryoga.org](mailto:info@laughteryoga.org), [www.laughteryoga.org](http://www.laughteryoga.org).*

Post completed form to: **Laughter Yoga NZ, PO Box 47 420, Ponsonby 1144**  
or scan and email to: **laughteryoganz@gmail.com**