

OAMARU LAUGHTER WELLNESS WORKSHOP

2-3 May 2015 9.30am to 4.00pm
Venue, to be confirmed

This experiential (and often life-transforming) workshop is ideal for personal development and anyone interested in running a Laughter Yoga group (certification upon completion of workshop). A combination of positive psychology, the Five Ways to Wellbeing and how to access unconditional laughter is taught, to give participants valuable tools for every day life.

“Laughter yoga is a fabulous stress relieving contagion. I came across it during the challenge of getting through cancer treatment. It really was the most helpful experience I came across.

Hannah is a Christchurch famed, professional laughter yoga practitioner (and a fun woman!!) She is spreading the laughter yoga experience around New Zealand and is encouraging others to lighten their lives and the lives of others by participating in this workshop. Hannah is a registered teacher with the Dr Kataria School of Laughter Yoga and you can take it from me that the weekend is an experience you will never forget. Hannah has opened the appreciative joys of laughter (for no reason) to many. Laughter Yoga has proven beneficial health outcomes. I for one definitely know the difference! So...

Treat yourself and do something fun, a little naughty and really, really beneficial for you, GIVE IT A GO!”

Annie Helm, Wellington

Please contact: Hannah 021 998 109 for more information (email hannah@thegiggles.co.nz, or visit www.thegiggles.co.nz). Hannah is a registered member of the international professional body, which governs this work.

Please complete the following and return to Hannah Airey, 10 Reeves Road, Opawa, Christchurch 8023.

I would like to register for the above workshop.

Name: _____

Address: _____

Phone: _____

Email: _____



Method of payment:

\$375 \$325 Early Bird Special (if paid in full by 10 April 2015)

Cheque Direct credit (Westpac 03 1598 0431685 00)

(Payable to Lotus Community Wellbeing Trust)

\$200 Refresher