

# Laughter Leader Training

A fun weekend for all! Get more laughter into your daily life, improve your health, discover new skills and enjoyment. Not only will you expand your laughter horizons, you'll gain an ability you can share with others

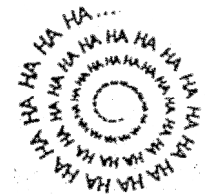


**Auckland Women's Centre, 4 Warnock Street, Grey Lynn, Auckland**  
**11-12 July 2015**

This course is for everyone looking for new ways to release stress, bring more fun into their workplace, and more joy and good health into their lives. Laughter does all this and Laughter Yoga provides an easy way for people to get the goodness of laughter.

Developed by GP Dr Madan Kataria in 1995, it brings together three ideas:

- we benefit from laughter whether it is real or simulated
- we can laugh without jokes, humour or comedy
- Laughter Yoga gives us long term health benefits when practised regularly



## Why Become a Laughter Leader?

**Professional Development** – Laughter is an effective state changer: bringing it into organisations can help, especially in areas such as stress management, team-building, and creativity.

**Personal Development** – Learning to laugh more easily brings physical, emotional, mental and spiritual benefits, for yourself and in your workplace, personal and social relationships.

**Laughter Leading** – When you lead a regular group in laughter the energy they generate comes back to you many times over. In addition you develop valuable skills in organisation and delegation, negotiation and marketing.

**Fun Weekend** – Two days of laughter, and learning about laughter, is an enjoyable and life-affirming experience. It leaves you energised and enthused. Club members find this course deepens their enjoyment and understanding of Laughter Yoga.

### During the training you will:

- ✓ Gain a good understanding of Laughter Yoga
- ✓ Acquire the skills and confidence to lead or support Laughter sessions
- ✓ Learn about leading sessions for school children, seniors and in the corporate world
- ✓ Become qualified to start and run a Laughter Yoga club
- ✓ Practise the fundamental exercises 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 trained new leaders since 2010.



### Cost \$325

Space is limited - \$50 deposit secures your place

### Earlybird Specials:

Paid in full by 11 May – \$265, save \$60  
Paid in full by 11 June – \$285, save \$40

### Refresher for returning leaders:

Refreshers to bring own manual or may purchase new edition at cost \$150, pay in full by 30 June to secure a place

**Vegetarian lunch, morning & afternoon tea provided each day**

**For more information please contact:** Bob: 021 646 280 Gay: 021 0635 035 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**

# Laughter Yoga Leader Training Registration Form

Please register me for the Certified Laughter Yoga Leader Training, to be held at Auckland Women's Centre, 4 Warnock Street, Grey Lynn, Auckland on 11-12 July 2015. I enclose the appropriate payment, detailed below.

I agree to the standard terms and conditions of the Dr Kataria School of Laughter Yoga set out below.

<b>Name</b>				<b>Email</b>					
<b>Postal address</b>									
<b>Phones: Home</b>				<b>Work</b>			<b>Mobile</b>		
<b>Occupation</b>						<b>Gender</b>		<b>Age</b>	
<b>Have you done Laughter Yoga before?</b>									
<b>What is your aim in doing this training?</b>									

<b>Payment: What rate are you paying?</b>	\$265 early bird, saving \$60, paid in full by 11 May 2015	<input type="checkbox"/>
	\$285 early bird saving \$40, paid in full by 11 June 2015	<input type="checkbox"/>
	\$325 full training fee	<input type="checkbox"/>
	\$50 deposit, balance of \$275 to be paid prior to the event	<input type="checkbox"/>
	\$150 refresher fee for returning leaders, paid in full by 30 June 2015	<input type="checkbox"/>

**Please note that any payments made after 6 July 2015 must be by direct deposit or in cash**

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

**Cheque:**  
Post to

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

**Direct Deposit:**

(Internet or in person)  
Please put your name  
as the reference

Laughter Yoga NZ  
Account No: 38 9008 0430364 00  
Kiwibank, Ponsonby Branch

## 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**

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