



Laughter Leader Training

Saturday & Sunday,
6 & 7 October, 2018
9am – 5pm, both days

Auckland Women's Centre,
4 Warnock Street, Grey Lynn, Auckland



Laughter defuses stress, anxiety, and depression. Truly 'the best medicine', it can bring profound and long lasting improvement to all aspects of our health.

This course shows you how to obtain these benefits on demand, without dependence on external stimuli, such as jokes, comedy or humour. Not only do you discover how to live a more cheerful, relaxed life, you learn how to bring this gift to those around you.

Laughter Yoga University has no political, religious or commercial affiliations. Its goal is the delivery of a more peaceful, healthier and happier world through unconditional laughter.

Why train as a Laughter Leader?

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

Professional Development – Laughter is an effective state changer. In any organisation it is valuable for stress management, team-building, and promoting creativity.

Laughter Leading – Leading laughter sessions is hugely satisfying; the energy generated comes back to you many times over. It develops organisational skills and greater confidence in speaking up for yourself.

Fun Weekend – Two days of laughter, and learning about laughter, is an enjoyable and life-affirming experience. It leaves you energised and deepens your enjoyment and understanding of Laughter Yoga.

During the training you will:

- ✓ Understand how Laughter Yoga leads to improved health and a happier life
- ✓ Build the skills and confidence to lead or support laughter sessions
- ✓ Learn about leading sessions for school children, seniors and businesses
- ✓ Become qualified to start and run a Laughter Yoga club
- ✓ Practise the fundamental exercises of Laughter Yoga

The training provides:

- ✓ the latest edition of the official Laughter Yoga University Training Manual
- ✓ their official Certificate on course completion
- ✓ a wealth of digital training materials (trainees to provide a USB flash drive)
- ✓ enrolment in the Prozone online resource for Laughter Yoga professionals

Cost \$350

Space is limited – email if interested, a \$50 deposit secures your place

Vegetarian lunch, with morning & afternoon tea provided each day

Earlybird Specials:

Paid by 31 July – **\$285**, save \$65

Paid by 31 August – **\$310**, save \$40

Refresher for returning leaders – **\$175**, paid in full by 31 August – places depend on availability

About the Trainer

Since he discovered Laughter Yoga in 2006, Bob Harvey has been a 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, to become a Certified Teacher of Laughter Yoga Leaders. He has been training new leaders since 2010.

For more information please contact: Bob: 021 646 280 Gay: 021 0635 035 www.laughteryoga.org.nz
Email: laughteryoganz@gmail.com Post: Laughter Yoga NZ, PO Box 47 420, Ponsonby 1144

Certified 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 6-7 October 2018.

Payment enclosed as detailed below. I agree to the standard terms and conditions set out below.

Name		Email	
Postal address			
Phones: Home		Work	Mobile
Occupation		Gender	Age
Have you done Laughter Yoga before?			
What is your goal for this training?			

Payment: What rate are you paying?	\$285 early bird, saving \$65, paid in full by 31 July 2018 <input type="checkbox"/>
	\$310 early bird saving \$40, paid in full by 31 August 2018 <input type="checkbox"/>
	\$350 full training fee <input type="checkbox"/>
	\$50 deposit to secure your place <input type="checkbox"/>
	\$175 refresher paid in full by 31 August 2018. Place dependent on availability <input type="checkbox"/>

Please note that any payments made after 21 September 2018 must be by direct deposit or in cash

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

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

Direct Deposit:
Internet or in person
at any Kiwibank
**Please put your name
as the reference**

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

The Small Print – Laughter Yoga University Terms & Conditions

Persons attending any training courses run under the auspices of the Laughter Yoga University 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 please 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 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 Laughter Yoga New Zealand.
- Complaints may be directed to the organisers. If satisfaction is not received please direct complaints to the Laughter Yoga University at help@laughteryoga.org.
- Laughter Yoga New Zealand 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 Laughter Yoga University during the course and thereafter shall remain the copyright of the Laughter Yoga University and that they shall not make this knowledge or material public other than in promoting or running training courses on behalf of the Laughter Yoga University.
- Certification of students is at the discretion of the trainer and of Laughter Yoga University 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 Laughter Yoga New Zealand.
- Laughter Yoga New Zealand 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 change your travel plans.
- Attendees acknowledge that copyrights in the terms 'laughter yoga', 'laughter yoga club' and 'laughter yoga clubs' are owned by the Laughter Yoga University and agree not to use these without the permission of the Laughter Yoga University.

*Issued by the Laughter Yoga University, #33, Galaxy Enclave, Jakkur Plantation, Yelahanka Hobly, Bangalore 560064, India.
Tel: +91 888 456 7891 help@laughteryoga.org www.laughteryoga.org*

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