

Laughter Yoga Teacher Training

October 17-21, 2011

Mexico City

The purpose of this training is both to deepen your professional understanding of Laughter Yoga and the practice of Joy as well as train you to train Certified Laughter Yoga Leaders. It is fully authorized by the **Dr. Kataria School of Laughter Yoga**.



This is not a beginner's course. Where the level 1 training (Certified Laughter Yoga Leader, 2 days) is about Laughter Yoga, this is a level 2 and about the Yoga of laughter. We will very substantially build on the basics of Laughter Yoga, and only Certified Laughter Yoga Leaders are allowed to register. It is recommended that you have practiced Laughter Yoga for at least a few months in order to fully benefit from this training.

Expect to laugh lots, learn more about yourself and others, and overall be inspired and empowered to shine & thrive one inch past your comfort zone.

This course will be thought in English and translated into Spanish.

What You Will Learn:

We will start with a full and in-depth review of what you should already know and have practiced (it's harder to teach what you don't know and haven't experienced) and then move on to more advance practices:

- How to effectively lead a group Laughter Yoga sessions (expect daily practice sessions with expert supervision and coaching);
- How to create and sustain a powerful group laughter dynamic;
- How to help people convert pro-active laughter into real, infectious, spontaneous laughter without needing to rely on jokes, comedy or humor;
- How to manage the unexpected and effectively adapt your skills to any situations;
- How to teach a powerful technique of profound Laughter Meditation where you do not have to make any effort to laugh, and laughter flows out of you as if emerging

from a fountain (this is a very profound experience; you will feel the laughter coming out of your heart and soul, without using a single joke)

- How to laugh alone and infuse your life with more laughter and joy, and how to teach this to others;
- How to avoid burnout: Yoga breathing and easy Meditations techniques for inner balance and spiritual development;
- How to effectively use Laughter Yoga with special needs populations (elderly people, physically and mentally challenged children, the deaf, blind and mute, prisoners, school children and school teachers.)
- How to start a Laughter Club (organization, marketing and advertising, creating a core group and encouraging leadership, communication skills);
- How to successfully organize and deliver the 2-day Certified Laughter Yoga Leader Trainings (we've taught more such trainings than anybody else in the world, with still a fair lead on the 2nd best: we know how); essential topics and precisely how to present them, addressing different learning styles;
- The art and craft of getting into the media (how to write press releases which actually get published so your Laughter Clubs and programs will be successful from the start). There is no secret here: it's a skillset, not a mystery;
- Overall: how to successfully create, manage and grow a Laughter Yoga business (our goal is to help you make money, not cost you some. What makes us uniquely positioned to teach this particular topic is that we don't just teach it, we've been doing it ourselves full time and rather successfully for the past 7 years);
- And more still!

You will be trained to conduct Laughter Yoga Seminars, workshops for corporates, companies, hospitals, schools, colleges & universities, old age homes, prisons, children with special needs, etc.

After completing this training, you will be authorized to train Certified Laughter Yoga Leaders.

Who This Training Is For?

Becoming a Certified Laughter Yoga Teacher is of great value to the following professions:

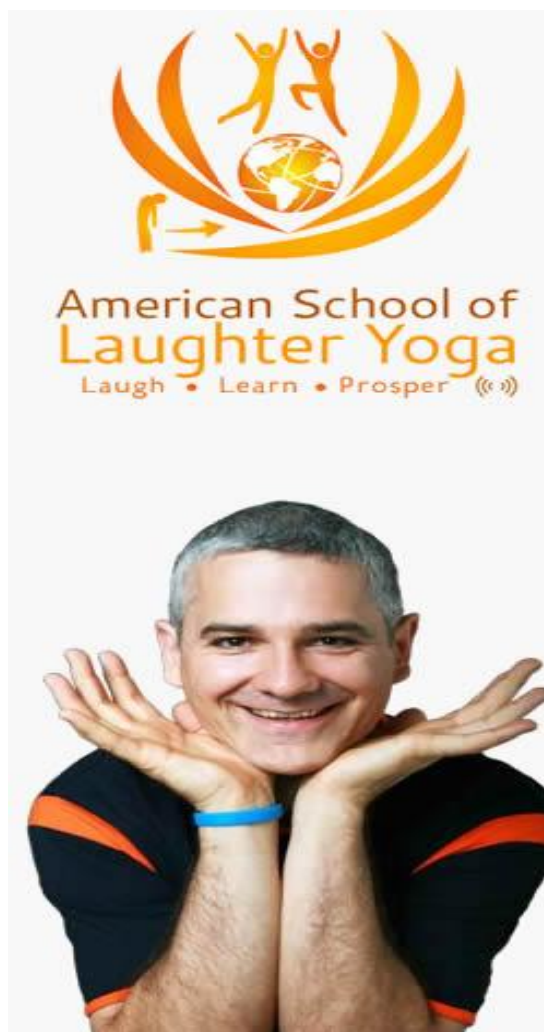
- Alternative Therapist and Healers;
- Recreation Activity facilitators;
- Yoga/Tai Chi/physical fitness trainers;
- Occupational Therapists;
- Psychologists and Psychotherapists;
- Nurses;
- Social Workers;
- Counselors;

- Health Care Workers;
- Professional Speakers;
- HR Trainers;
- Clowns and Comedians.

What You Need To Bring:

- A big smile;
- Pen & paper for taking notes;
- A costume, musical instrument or other equipment or props (for any presentation you wish to share on the talent night);
- One small wrapped gift for our exchange of gifts;

About Your Teacher and Why You Want To Learn His Skillset!



Here are my Laughter Yoga achievements:

- ✓ I was the first American to train as a Certified Laughter Yoga Teacher and played a major role in introducing Laughter Yoga to North America.
- ✓ I was the second person in the world, after Dr Kataria, to dedicate myself full time to teaching and promoting this method and have single handedly organized and taught more Certified Laughter Yoga Leader trainings than anybody else in the world (this is not by chance, read my students testimonials), successfully led hundreds of Laughter Yoga sessions with a variety of publics and extensively written on the nuts and bolts of Laughter Yoga. My DVDs are sold worldwide.
- ✓ I am a natural leader and excel at both achieving optimum group laughter dynamics and teaching others how to do the same. I follow a step by step therapeutic approach.
- ✓ I fly an average of 70,000 to 100,000 miles per year teaching and promoting Laughter Yoga. This is what I love to do and I am good at it.



LAUGHTER YOGA ONLY EXISTS BECAUSE ONE MAN YOU DON'T KNOW, ONE DAY, DECIDED IT WAS WORTHWHILE AND PLEDGE ITS LIFE TO PROMOTING IT. THAT MAN'S NAME IS MADAN KATARIA, MD. WE ARE GRATEFUL AND HAPPY TO SHOW IT. WE WILL CONTRIBUTE 20% OF WHAT YOU WILL PAY US FOR THE 'ESSENTIALS' LAUGHTER YOGA TEACHER TRAINING TO THE DR KATARIA SCHOOL OF LAUGHTER YOGA TO HELP FUND THE UPCOMING LAUGHTER YOGA UNIVERSITY IN INDIA.

When?

October 17 - 23, 2011.

Investment:

US \$730.00 dollars if you pay before **August 26.**

US \$765.00 dollars if you pay between August 27 and **September 23.**

Payments are **fully** refundable in case of cancellation before September 23.

US \$800.00 dollars if you pay after **September 23.**

Payments are **not** refundable after September 23, however, you may transfer your registration to another person.

You may reserve your space by paying **US\$200.00** (the balance must be paid by September 23rd).

*This event is one of the following activities that will take place as part of the International Laughter Yoga Week in Mexico: **Laughter Yoga Leader Training** (October 15-16), **Laughter Yoga Teacher Training** (October 17-21), and **1er. Congreso Mundial de Yoga de la Risa en Español** (1st. Laughter Yoga World Congress in Spanish) (October 21-23).*

Take advantage of our great packages when you register together to our [1er. Congreso Mundial de Yoga de la Risa en Español](#) (1st. Laughter Yoga World Congress in Spanish) that will take place on October 21-23 with some of the best exponents of Laughter Yoga around the world.

Event or Package	Before August 26	From August 27 until September 23	After September 23
Package 1			
LTC	US\$1,030.00 dollars	US\$1,130.00 dollars	US\$1,230.00 dollars
Regular Price	US\$1,120.00 dollars	US\$1,210.00 dollars	US\$1,295.00 dollars
Package 2			
TC	US\$835.00 dollars	US\$895.00 dollars	US\$955.00 dollars
Regular Price	US\$895.00 dollars	US\$945.00 dollars	US\$995.00 dollars
Package3			
LC	US\$365.00 dollars	US\$415.00 dollars	US\$465.00 dollars
Regular Price	US\$390.00 dollars	US\$445.00 dollars	US\$495.00 dollars
Package 4			
LT	US\$900.00 dollars	US\$980.00 dollars	US\$1,050.00 dollars
Regular Price	US\$955.00 dollars	US\$1,030.00 dollars	US\$1,100.00 dollars

L = means Leader Training.

T = means Teacher Training.

C = means 1er Congreso Mundial de Yoga de la Risa en Español.

Event or Package	Before August 26	From August 27 until September 23	After September 23
Leader Training	US\$225.00 dollars	US\$265.00 dollars	US\$300.00 dollars

Teacher Training	US\$730.00 dollars	US\$765.00 dollars	US\$800.00 dollars
1st. World Laughter Yoga Congress in Spanish	US\$165.00 dollars	US\$180.00 dollars	US\$195.00 dollars
Friday October 21: Kick off Party and Laughter Bus	US\$65.00 dollars	US\$65.00 dollars	US\$65.00 dollars
Friday October 21: Kick Off Party	US\$25.00 dollars	US\$25.00 dollars	US\$25.00 dollars
Friday October 21: Laughter Bus	US\$45.00 dollars	US\$45.00 dollars	US\$45.00 dollars
Saturday October 22: All Activities (Talent Evening Included)	US\$120.00 dollars	US\$120.00 dollars	US\$120.00 dollars
Sunday October 23: All activities	US\$65.00 dollars	US\$65.00 dollars	US\$65.00 dollars

You may reserve your space by paying **US\$200.00** (the balance must be paid by September 23rd).

Payment Options:

Please pay by **transference to:**

Bank: **BANORTE**

Account number: **0687198487**

Names: **JOSÉ LUIS GÓMEZ GONZÁLEZ and
NATHAN MANSBACH ROSENFELD**

Transfer **CLABE Number: **072180006871984870****

International Deposits:

ITERMEDIARY BANK:

Bank Routing: 021-000018

Swift: IRVTUS3N

Bank Name: The Bank of New York

Location: New York, USA

BENEFICIARY'S BANK:

SWIFT: MENOMXMT

Bank Name: Banco Mercantil del Norte, S.A

Location: Monterrey, México

Payment by Credit Card



With PayPal

You can pay to PayPal account:

info@yogadelarisa.com

Or you can obtain a payment form by e-mail by
writing to: info@yogadelarisa.com

Please add + 3% comision to total cost.

Important Notice!

This International Certification has been designed on **retreat** without exception. It is of our interest that you will get the maximum benefit out of this process and we have considered of vital importance to stay apart from day by day worries.

Where?

Hotel Casa Inn

Río Lerma 237 esq. Río Missisipi

Col. Cuauhtémoc CP 06500

México, D.F.



We have negotiated a great deal for you. The venue where all activities will take place is located in a first class, centric and cozy hotel. Accommodations include 3 daily meals international buffet-style. Food offered is generous and will satisfy any necessities and palates.

You can **reserve** directly at Casa Inn Hotel.

www.hotelcasainn.com.mx,

email: reservamex@casainn.com.mx

Phone numbers: 01-800-900-14000 y (55) 5242 7750.

Make sure you let them know you are coming to the '**Yoga de la Risa**' event.

Hotel Costs:

\$700.00 Mex. Pesos per night per person on **double** occupancy, **3** meals (buffett style) included.

\$1,100.00 Mex. Pesos per night per person on **single** occupancy, **3** meals (buffett style) included.

(The exchange rate may fluctuate between is \$11.00 and \$12.00 pesos per dollar).

In case you do not have anyone to share the room with, we will very glad to help you. Just send us an e-mail and we will find a roommate who can be your lifetime brother/sister of laughter.

Typical Agenda:

07:30-08:15 hrs.: Laughter Yoga Session.

08:15-09:30 hrs.: Breakfast.

09:30-13:30 hrs.: Class.

13:30-15:30 hrs.: Lunch break.

15:30-19:00 hrs.: Class

19:00-20:30 hrs.: Dinner.

20:30-21:30 hrs.: Evening program (hands on practice of learned material, not every day).