

Certified Laughter Yoga Leader Training 2018-2019

2018: Friday November 16th 5:30 p.m. – 9:30 p.m. &
Saturday November 17th 9:30 a.m. – 6:30 p.m.

2019: April 12th-13th & November 15th-16th (same times)

UCSF Osher Center for Integrative Medicine

1545 Divisadero @ Post Street - San Francisco, CA 94115

ALL FITNESS LEVELS WELCOME! NO PREVIOUS YOGA EXPERIENCE REQUIRED

Fee: \$315 and includes training manual, certificate, snacks and lots of healing laughs! Refunds for cancellations are available one week prior to class, minus a \$50 processing fee.



Instructor: Teresa Corrigan R.N., M.A., B.C.B., C.L.L., C.L.Y.T.,
Certified Laughter Yoga Teacher and Laughter Hospital Program Leader

E-mail: info@laughterourbestmedicine

Telephone: 415-898-1440

Website: www.laughterourbestmedicine.com

Laughter Yoga is a combination of yoga breath work, movement, group laughter exercises and relaxation for stress relief. Laughter Yoga was created by Dr. Madan Kataria, M.D. and his yoga teacher wife, Madhuri, in Mumbai, India in 1995 and originally introduced in the USA by Steve Wilson of the World Laughter Tour.

During the training you will learn and lead laughter exercises and be prepared to begin leading Laughter Yoga sessions immediately after class. Upon certification you will have access to an array of international professional resources to support you as a Certified Laughter Yoga Leader. You are also invited to continue practicing and lead exercises with supervision and assistance at the UCSF Osher Center class. Private coaching is also available with Teresa who has been teaching Laughter Yoga for 10 years.



Laughter is the Best Medicine!

The medical benefits include:

- ❖ Increased tissue and organ oxygenation
- ❖ Elevated endorphin levels which may help reduce pain & anxiety
- ❖ Improved circulation and a great cardiac workout
- ❖ Enhanced immune system function
- ❖ Decreased stress
- ❖ Relaxed and strengthened muscles
- ❖ Creating a healthy and fun laughing community!