



## Laughter Clubs of Victoria Certified (LCVI) Laughter Yoga Leader Training in Melbourne 2019

Attend a two day training course to become a fully Certified Laughter Yoga Facilitator affiliated with the Dr Kataria School of Laughter Yoga.

Or do a one day Laughter Yoga Anchor Training affiliated with the Laughter Clubs of Victoria with an option of doing the 2nd day in the near future.

**Current Confirmed Training Date: Saturday 9 & Sunday 10 February 2019**

Module 1 Certified Laughter Leader (CLL) Facilitator -Saturday & Sunday Module 2 Certified Laughter Anchor (CLA) Training – Saturday

**Venue: Kew - Melbourne VIC 3000/3101**

Time: From 9.00am to 5.00pm (1 hour lunch break and 2 x 15 minute tea breaks)

**Trainer/Facilitator:** Mahes Karuppiah-Quillen N.D, President Laughter Clubs Victoria, Laughter Yoga International Ambassador

**Cost: Module 1 - \$389, Module 2 - \$199** (early bird fee applies with payment 1 month prior to training), Special Fee for those who have been with a club for 12 months or longer with leaders' recommendations.

### Why train with LCVI?

- Your trainer/trainers are highly experienced certified Laughter Yoga Teachers trained by Dr Madan Kataria, the founder of Laughter Yoga International and long standing members of Laughter Clubs Victoria
- Your training is fully accredited, and on successful completion you will receive your certification as per module
- The training is comprehensive covering both the practical skills and the theoretical basis of laughter yoga as taught by the founder of Laughter Yoga International
- Our talented trainers have the special skills to involve all level of participants in an interactive, fun, safe and empowering manner giving special emphasis to visual, auditory or kinaesthetic learning

### What you will get out of your Training

- The physical, mental and emotional benefits of laughter
- How to laugh without humour, comedy or props and still get all the benefits
- The history of therapeutic simulated laughter
- How to effectively run and manage community laughter clubs
- How to add more laughter into one's life through the "Inner Spirit of Laughter" and Laughing Alone Techniques
- Laughter Meditation, Laughter Exercises
- **Module 1** covers all the above with a wider scope of training including becoming a laughter yoga speaker, managing your own laughter business catering for corporate seminars and workshops, work out press releases and deal with interested parties to expand your business of laughter, be listed on LCVI speaker's page for more work opportunities and much more. Training is also given to manage special groups of children, seniors, special needs, etc

### What you will receive:

- Mid-morning and afternoon tea (bring your lunch or get lunch from around CBD/Kew)
- Training manual (soft /hard copy)
- DVD/MP3 file of 40 foundation exercises
- On-going mentor support from LCVI
- Chance to run LCVI Flag Ship Laughter Club at the Federation Square
- Automatic Invitation to participate at all LCVI Public events like Australia Day, World Laughter Day, Mind Body Spirit Festival etc
- Suitable insurance advice as per module where necessary
- Certification for life affiliated with Laughter Clubs of Victoria and Dr Kataria School of Laughter Yoga as per module undertaken and becoming part of the huge International Laughter Yoga Family