

Laughter
Yoga



Now booking for
2025!



Certified Laughter Yoga Leader Information

Eat delicious homemade food in a beautiful setting, laugh and get in touch with your positivity and creativity, hang out in the hot tub, make fantastic new friends and add a whole set of fantastic, uplifting resources and facilitation skills to your workshops and career.

Laughter is extremely beneficial for health. Laughter exercises can be used to create spaces filled with creativity and fun, can serve as a brilliant warmup to any other workshops, or to go deep and get in touch with profound emotional movement and connection. Use it in singing settings including one-to-ones, choirs, breathing or health; for corporate teambuilding or to prep people ready for a day of creative thinking; mental health settings; hen/stag parties; Women's Institute, schools and colleges - it is extremely versatile and you will learn how to adapt the exercises to fit the context. Well-paid and deeply enjoyable! Or come for your own benefit and pleasure. It is a truly wonderful, unforgettable experience!

"Have had the most amazing four days doing the laughter yoga course. Have grown in more ways than I expected. It totally exceeded my expectations. Thank you for the magical gifts you shared with us." Narinder Moore

Details

Sunday 2 to Wednesday 5 February 2025

Beautiful setting in Mid Wales

Nearest station Caersws

All home-made food and cakes

Hot tub

Opportunity for singing/music

4 days of laughter that you will feel the impact of for many weeks afterwards

Holistic training which includes experiencing and creating laughter sessions, the

Laughter Yoga backstory, scientific and medical research, and much more. This course

is not just 'in the classroom' - we will take our 'Laughter bus' out into the community, so

you can experience and practice in real sessions and varied settings for instance a

school, WI, office or mental health organisation, and leave confident to apply and adapt

your new skillset.

"Thank you for bringing out a side of me I did not think I had. Keep up the good work. I thought the 4 days were so well thought out and well taught... it was lovely to go and see the different places. I was amazed how much I got from the Bank in Warwick. Something I had never thought about... So another thank you coming up, for opening my eyes to different worlds ." Alicia Ward

Prices

All prices include 3 nights/4 days homemade catering, Laughter Yoga training and certification, and accommodation including hot tub, in beautiful Estonian style log cabins.

£485 per person single occupancy

£375 per person shared

£300 per person non-residential (all meals, training, use of hot tub and facilities, no overnight stay)

"I just want to thank you again for your powerful weekend! I've been feeling happier and "lighter" all week" Anke Lanham

Contact

Charlotte@smilemymusic.com

07828413484

www.smilemymusic.com

Fb/Insta: @smilemymusic

"Laughter yoga has been an amazing experience that continues to be part of my life!! The patients at Beverley house [secure mental health unit] are still raving about it and they have spoken to their consultant about its positive effects!! I have proposed in our management meeting that we put it as a regular treatment on our treatment program and the management board etc believe it will definitely impress our commissioners! I've spoken to our consultants and managers at the Mental Health NHS Trust also. Every single one without exception testify to it's benefits and some even practice it themselves as a de stressor prior to coming onto the ward each day! I have been asked to conduct introductory workshops for staff first then patients!!

I've even started 1:1 sessions with severely depressed patients even at their bedsides and they have reported positive effects too!

Soooo even though you haven't heard from me i've been busy flying the flag for laughter all over Birmingham !!!!! Thank you ever so much for your input to beverley House and my life too." Karen Forbes

Booking

To book, please fill in and return the booking form and pay the deposit or balance. We want to make this a wonderful, memorable experience for you, so don't hesitate to contact with any queries. Payment can be worked out in installments where necessary.

Still not sure?

Watch this 3 min short of Charlotte early in her laughter career:

https://youtu.be/ftN6mfcnlcw?si=65l5mkt_CC3aq7vi