

TWO DAY LAUGHTER YOGA LEADER WORKSHOP

Certified Training Workshop - Trainer: Mary Mitchell - MICHP - MNLP

Dates: Check dates on website and state which is yours when booking.

Venue: Check Venue on the website and state yours when booking

Time: 9.30 to 5pm

Fee €175

Please bring a packed lunch and snacks.
Also a towel to lie on.

Places are limited so call me now to book yours:

Phone Low Call 1890 946 466

Then pay your booking fee of €80 via Pay Pal a minimum of 2 weeks before the class.

When you do I will email you the class manual to prepare for the class.

Please also send me back the Booking form and medical Questionnaire via email to

laughtercoaching@gmail.com



HAPPINESS & LAUGHTER COACHING

Trainer: Mary Mitchell - McGarrigle

TWO DAY WORK SHOP

What is Laughter Yoga? A typical laughter session is a blend of yogic deep breathing, stretching, stimulated laughter exercises and cultivated child-like playfulness.

Who should attend? Everyone who wants to add more laughter, humour, and fun to their lives, along with any therapists, nurses, social workers, counsellors, health-care workers, and professional speakers. Anyone who wants to laugh for no reason and just have a fun day with no pressure and no stress!

What will you learn? During the 2 day Leader Training Workshop you will learn the skills of various stimulated laughter exercises developed by the founder of Laughter Yoga, Dr Kataria. You will also learn laughter meditation, why we need to laugh more today, scientific research on laughter and its effects on human physiology, biochemistry and behaviour...the essential link between yoga and laughter.

Health benefits of laughter therapy – physical, mental, social and spiritual. Learn how laughter increases your confidence and positive outlook. How paying compliments and forgiveness, two effective tools of sensible living, can help to create harmonious relationships.

Why become involved? Laughter has numerous health benefits and is also used in the corporate world to stimulate creativity. As a provider of natural pain relief through increasing the level of endorphins in the body. It's also a fun aerobic exercise. It provides a good massage to all the internal organs enhancing their blood supply and increasing efficiency. In the two-day workshop you will become a laughter yoga Leader and can then run your own laughter parties/ clubs in your own area.

Health Benefits of Laughter: Anti Stress, a natural relaxant, strengthens the immune system, aerobic exercise, assists with depression, anxiety and psychosomatic disorders, reduces blood pressure, natural pain reliever helps in alleviating the symptoms of bronchitis and asthma, improves stamina and increases self confidence in a group, through laughter.

We recommend that on the day of the workshop you wear loose comfortable clothes and bring a large towel to lie on.

MARY MITCHELL – McGarrigle MICHP, MNLP - HISTORY

Laughter Yoga Ireland was established by therapist Mary Mitchell who first embraced the world of Complimentary medicine in March 1994. Suffering posttraumatic stress following a car accident, Mary found little relief from traditional medicine and, instead, turned to complimentary medicine. Finding the physical and mental healing she needed, she embraced the world of complimentary medicine and began learning as much as she could.

In 1995 she trained in Pranic Healing and Reiki. The following year she attended a Shamanic Healing course in London and went on to become a Reiki and Seichem Master. She became a facilitator of Vortex® Healing. Mary also spent time in London and Paris with the "Hugging Saint" Mother Amma.

In 1997 she completed an Advanced Diploma in Hypnotherapy and Psychotherapy and went on to teach under the guidance of the Institute of Clinical Hypnotherapy and Psychotherapy. The following year she qualified as a Master Practitioner of Neuro Linguistic Programming (NLP) and, in order to develop creativity and playfulness, began training as a clown.

During this time she became familiar with the concept of Laughter Therapy and, discovering the work of Dr. Kataria who developed Laughter Yoga, flew to Munich to train as a Laughter Leader. Certified by Dr. Kataria as a trainer, Mary undertook her first laughter class in June 2003.

Mary has completed a two-year diploma in Dancing the Rainbow.

In recent times Mary has been to the Oneness University in India where she took part in the 21 day process and 10 day deepening process. She was initiated as a Oneness Blessing Giver by the guides at the university. She has also trained in the Silva Mind method, has become a Bars Facilitator with Access Consciousness. Along with her work as a Laughter Leader and Stop Smoking Specialist she runs a busy practice in Co Donegal Ireland.

It's a week- end never to forget.

Teachers and students from Waterford IT had a fantastic day when Mary came to teach them to laugh.

Here are some of the comments below

The Laughter Workshop was run with such warmth and competency; I have not laughed so much in years.

A great day as the Laughter Yoga was so brilliant. Mary Mitchell was so warm and professional.

A very different experience, very enjoyable and so well facilitated.

As seen on TV3 Ireland AM and RTE 1 Nationwide. Gerry Ryan Show, Ray Darcy, The Star Newspaper, The Irish Independent, Woman's Own

Contact Mary Low call 1890 946 466

LAUGHTER YOGA LEADER BOOKING FORM

Date:
Venue:
Time: 9.30am to 5pm
Fee: €175

Please bring a towel to lie on, and a packed lunch.

Name: _____

Address: _____

Telephone number: Home: _____ Mobile: _____

Email: _____

Age: _____

Male / Female: _____

Please tell us where you heard about Laughter Yoga:

Please pay your Booking fee of €80 via PayPal if you don't have an account please log in here www.paypal.com follow the instructions there to create one, it just takes a few minutes

If you prefer you can send in post to reach me a minimum of 2 weeks before the class.

Please pay by bank draft/Postal Order Payable to Mary McGarrigle

Post to
Mary Mitchell -McGarrigle
Rockhill
Ballintra
Co Donegal
Phone 1890 946 466

Please return this form along with your medical questionnaire

LAUGHTER YOGA MEDICAL QUESTIONNAIRE
STRICTLY CONFIDENTIAL

All Forenames: Mr./Mrs./Miss/Ms. _____ Surname _____

Address: _____

_____ Post Code _____

Date of Birth _____ Age _____

State if you have suffered or are suffering from any of the following:

YES/NO

YES/NO

Tuberculosis	Blood Coughing	Prolapse of womb
Coughing or hoarseness of long duration	Pneumonia or Pleurisy	Advanced Piles
Rheumatic Fever (Rheumatism)	Stomach or Bowel Complaint	Sciatica
Angina with Chest Pain	Depression	Eye Complications
Hernia	of Miscarriage	Asthma
		Slipped Disc or Back Trouble
		High or Low Blood Pressure
		Other heart conditions
		Fainting or Migraine
		Are you pregnant with a history

Have you ever had any specialist or hospital investigation, Mental/physical? _____

Is any investigation pending?
If so please specify _____

Have you suffered an injury?
If so state when and how _____

Are you at present on any form of treatment or medical advice?
If so please specify in detail _____

Have you had any specialist advice in the last two years? _____

Have you lost any time through illness or injury in the past three years?
If so, for what and for how long _____

Do you feel in good health? _____

How many cigarettes do you smoke per day? _____

APPLICANTS SIGNATURE _____

Date _____

Laughter is the best medicine but caution needs to be taken where there are existing problems. Some of us tend to exert more pressure when laughing so for that reason it may not be suitable for those with the conditions above.
Please return this form with your booking form to be assessed.