

# Laughter Yoga Leader Workshop

Endorsed by Dr. Kataria – the founder of the worldwide laughter yoga movement.

**Sunday September 5 2010 - 10:00am to 4:00pm**  
**“Woodbury Hall” 1 Mary Street, Hunters Hill - Sydney**

Most up-to-date course in Australia!

Laughter is the quickest, easiest and most effective way to reduce stress, improve your wellbeing and boost your happiness. Just a few minutes will change your whole day. Laughter is the international language available to everyone – no matter your education, age, background or gender.



Laughter Yoga will help you tap into your natural healing ability to release worry, frustration and creativity. Laughter even reduces the heart-attacks and helps weight-loss! Developed in 1995 by Dr Madan Kataria Laughter Yoga has now spread to over 50 countries around the world.

Cris Popp is Australia's leading laughter yoga leader. He trained with Dr Kataria and has facilitated laughter yoga in corporate, community and social settings. His client list includes Coca-Cola, Defence Department, GIA and community groups. He is a professional facilitator and accomplished speaker on happiness and wellbeing.

Laughter feels good and there are no side-effects (except improving your outlook on life), so why don't you come along to our Workshop and make laughter a habit for life! After all, laughter is the best medicine!

## Benefits

- ✓ Release stress and build wellbeing in a simple, safe and positive way
- ✓ Motivate and engage others
- ✓ Bring the sound of laughter to your life and workplace
- ✓ Build team spirit quickly and effortlessly
- ✓ Part of the accreditation for Laughter Yoga certificate
- ✓ Experience the FUN that is Laughter Yoga!!

**10% early-bird discount OR  
Organise 3 people and the fourth attends free!**

## Training includes

- ✓ Background to the laughter movement
- ✓ The 'Inner Spirit of Laughter'
- ✓ Practical skills in creating & running your own session
- ✓ Getting more joy into your everyday life – at home and at work
- ✓ Managing group dynamics and dealing with diverse people
- ✓ A DVD and manual
- ✓ Preparation for your laughter leader certification
- ✓ Reduced-rate attendance at future Laughter Works and FREE follow up coaching

**“You shared many fascinating, insightful, practical, pieces of knowledge & experience ... exceeded my expectations”– Simon G, Participant**

# Laughter Yoga Leader Funshop

"Laughter is the shortest distance between two people"

## TAX INVOICE & REGISTRATION FORM

Upon payment this invoice becomes a receipt and registration form.  
Please print and bring copy along on the day. Don't forget to keep one for your records too ☺

<b>Invoice #</b>		<b>Issued:</b>		<b>Due:</b>	
<b>Name:</b>					
<b>Address:</b>					
<b>Landline Phone:</b>		<b>Mobile Phone:</b>			
<b>Email:</b>					
<b>How did you hear about the session?</b>					
<b>Date/Time of Training:</b>	Sunday September 5, 2010 – 10:00am to 4:00pm				
<b>Session Name:</b>	Laughter Yoga Leader Training				
<b>Venue:</b>	Woodbury Hall, 1 Mary Street, Hunters Hill - Sydney				

### Pricing

Select	Type	Early Bird
<input type="checkbox"/>	Full - \$237.00	\$199 (payment 14 days in advance)
<input type="checkbox"/>	Concession - \$197 (for payment 14 days in advance)	N/A
<input type="checkbox"/>	Refresher - \$99 (for existing certified leaders who want to upgrade skills)	N/A
<input type="checkbox"/>	Previous Graduates of Laughter Australia/Works - \$39	N/A

*This invoice does not have a GST component. ABN: 844 649 858 11*

### Notes

- ✓ Enquiries to: [melissa@laughterworks.com.au](mailto:melissa@laughterworks.com.au) or Cris Popp on 0438 545 607
- ✓ Completed registration form can be submitted via email to [melissa@laughterworks.com.au](mailto:melissa@laughterworks.com.au), fax to (03) 9017 8967 or post to PO Box 12404, A'Beckett St, Melbourne Vic 8006
- ✓ Full payment due in advance – places cannot be kept unless full payment has been received 7 days in advance
- ✓ Please bring lunch to share

### Payment Methods

<input type="checkbox"/> <b>Electronic Funds Transfer</b> Credit Union Australia      Cristopher Popp BSB: 802 380                      Account: 10696513 Please use your name and date of training as the reference.	<input type="checkbox"/> <b>Cheque</b> Made payable to 'Cris Popp' PO Box 12404, A'Beckett St Melbourne Vic 8006
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**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Cancellation or Withdrawal Fee (non-refundable):** 25% - 30-15 days notice, 50% - 14-8 days, 100% - Less than 7 days however a substitute can attend.