

Are you a brand new CLYL? Were you trained a few years ago but never got started? Are you lacking a little confidence?

This workshop is created just for you!

Agenda

- How to adjust your introduction**
- How to modify a session to fit the time frame and number of participants**
- How to weave health benefits into Laughter Yoga sessions**
- 3 D's (Describe, demo and do) and their importance**
- How to remember exercises**
- Creating own exercises**
- Strategies for practice**
- Tips on how to end your session**