

**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**