

# Dr Kataria School of Laughter Yoga

## PROGRAM SCHEDULE

### 5 Day Teacher Training Agenda

<b><u>Day 1 :</u></b>	
9.00 – 9.30 am	Registration
9.30 – 11.00 am	Opening session: Logistics, Overview, Introduction, Concept & History. Complete Laughter session, LY Meditation
11.00 – 11.15 am	<b>Tea/Coffee</b>
11.15 am – 1.00 pm	5 Unique features of Laughter Yoga followed by Q & A and selection of Buddies
<b>1.00- 2.30 pm</b>	<b>Lunch followed by rest</b>
2.30 – 5.30 pm	Laughter Yoga Facilitation skills: 5 points, 3 reasons & 4 steps of LY
5.30 – 6.00 PM	Complete Laughter session, LY Meditation <b>Guided Relaxation</b> and home work – write your Laughter story
7.00 – 8.00 pm	<b>Dinner</b>
<b><u>Day 2:</u></b>	
7.00 – 8.00 am	Laughing Alone & Laughter Meditation
8.00 – 9.30 am	Breakfast
9.30 – 10.30 am	Sharing your laughter story
10.30 – 11.30 am	Complete Laughter Session with New Exercises with <b>student participation</b>
11.30 – 11.45 am	<b>Tea/Coffee</b>
11.45 am – 1.00 pm	Presenting 5 benefits of Laughter Yoga
1.00 – 2.30 pm	<b>Lunch followed by rest</b>
2.30 – 5.30 pm	Laughter Yoga with Children and Seniors
5.30- 6.30 pm	New 10 new Exercises and Explaining Systems and Procedures of Laughter Session & Laughter Meditation Relaxation Technique
7.00 – 8.00 pm	Dinner
8.00 – 9.00 pm	Gibberish Workshop

<b>Day 3:</b>	
7.00 – 8.00 am	5 Breathing Exercises From Yoga
8.00 – 9.30 am	Breakfast
9.30 – 11.00 am	10 New Exercises Student Participation Laughter Yoga in the Business World
11.00 – 11.15 am	Tea/Coffee
11.15 am – 1.00 pm	How to start a Laughter club; what works what doesn't; organizational, networking and operational skills followed by full session
1.00 – 2.30 pm	Lunch followed by rest
2.30 – 4.30 pm	Yoga Nidra Instructions followed by Practicing Yoga Nidra instructions on buddies
5.00 – 6.30 pm	Open Practice session with introduction of new exercises from students
7.00 – 8.00 pm	Dinner
8.00 – 9.00 pm	Movie / Fun Games / Dancing
<b>Day 4:</b>	
7.00 – 8.00 am	Breath Connect Meditation, Laughter Meditation
8.00 – 9.30 am	Breakfast
9.30 – 11.00 am	Training skills - How to organize and run public seminars 2 days leader trainings, workshops, Marketing PR skills,
11.00 – 11.15 am	Tea Break
11.15 am – 1.00 pm	Creating New Exercises in a Group and presentation in groups
1.00– 2.30 pm	Lunch followed by rest
2.30 – 4.00 pm	Practice session followed by Q & A
4.00 – 5.30 pm	What is Laughter Club How to start a Club Benefits and organization promotion
7.00 – 8.00 pm	Dinner
8.30 – 10.30 pm	Talent / Fun night
<b>Day 5:</b>	
7.00 – 8.00 am	Breathing, Laughing Alone & Meditation
8.00 – 9.30 am	Breakfast
9.30am – 1.00pm	Prepare vision board for LY Mock Media Interviews, Recap, Q & A, Graduation Ceremony & Group Photos
1.00– 2.00 pm	Lunch