

Sarah Routman and Judi Olson Bring You.... A Series of Workshops for Teachers on ZOOM

Part 1-August 11th Take Care of Yourself with Laughter

**Part 2-August 12th Have You Laughed Today?
Using Laughter in the Classroom**

Hats off
to
TEACHERS !!

For Your Convenience each workshop is offered at two different times: (times given in Central Time)

11:00am – 12:30pm OR

3:00 – 4:30pm

Who are your trainers?

Sarah Routman knew just what to do with her MA in adult education: She became a laughter professional.



After teaching high school and serving as Executive Director for two non-profits, Sarah became certified in Laughter Yoga and named a Laughter Ambassador by the founder of Laughter Yoga, Dr. Madan Kataria. She is the Founder of 'Laugh for the Health of It' and is a sought-after keynote speaker and conference presenter. For over a decade, Sarah has wowed audiences with her expertise, enthusiasm and highly interactive laugh-it-out approach toward event planning, corporate wellness and personal stress management. Sarah choreographs an experience that activates childlike play for a vibrant, uplifting and delightful result that has a ripple effect of positivity.

Judi Olson retired after 35 years as a high school business/technology instructor and business internship coordinator at D. C. Everest in Weston, Wisconsin where she incorporated movement and laughter into her students' stress management units. During the last three years, as a Qigong Practice Group Leader, Judi has shared the gentle movement and breath practice of Qigong, which can help relieve stress, promote healing, and help improve mental clarity. This practice fits perfectly with her three years of teaching gentle yoga and nearly ten years of sharing Laughter Yoga with teachers and students in schools, with community groups, care centers, and businesses, and as a conference speaker. Judi also assisted in creating Laughter Clubs at schools and in the community, spreading the healthy benefits of laughter far and wide.



Sharing laughter with Sarah and Judi becomes a catalyst for personal and group transformation, putting participants in the driver's seat of their attitudes so they can have the influence and impact they intend. Workshops come packed with creative tools that are fun, engaging and guarantee a memorable, and personally empowering experience--not to mention a shot of camaraderie in the arm. Designed for self-care, class management and more, you won't want to miss sharing laughter with Sarah and Judi!

To Register, visit:

<https://www.paypal.com/paypalme/LaughHealthy>

Contact sarah@laughhealthy.com for check or other payment options

\$25 each workshop/Register for both, \$40

Gratitude Special - Register with a FRIEND – 2 people/\$30 for each workshop

Please indicate family/friend and which day(s)/time(s) you want to attend.

Complete the registration form found on the website: www.LaughHealthy.com

Details of each workshop below on following pages

LAUGH!
HEALTHY
Wellness
Meets
Fun

Tuesday, August 11, 2020

Part 1: Take Care of Yourself with Laughter

In this interactive session, teachers will learn the basics of Laughter Yoga, and how to apply the concepts and practice of purposeful playful laughter for their own self-care.

Everyone loves the feeling of joy, but is it possible to conjure it at will especially when suffering from stress, burnout and overwhelm? To maximize our ability to manage a classroom and juggle multiple aspects of our lives, it's important to master self-care. This workshop is designed to combine fun with learning about the history and health benefits of Laughter Yoga to refocus and reframe stress and challenges. Let your inhibitions go and let yourself focus on the present for just 90 minutes. Leave feeling uplifted, energized and refreshed—ready to start spreading contagious laughter. We'll warm-up with Smile-Ups and clapping as we stimulate the pressure points on the hands and begin to create feel-good endorphins as we smile. We'll add Laughter Breaths, deep breathing, movement and play on our way to sustained belly laughs, deeper connections and fun. Get ready to change your mindset and watch shift happen. You're sure to make this your own personal healthy habit after just this one session.

**No yoga mat, special clothes, position or previous experience required. Come as you are – ready to laugh!
Minimum 10 people to hold the workshop*

Learning Objectives:

At the end of the session, participants will be able to:

1. Explain what is meant by 'Laughter Yoga' and what makes it unique
2. List at least 2 evidence-based benefits of laughter
3. Demonstrate at least 3 different Laughter Yoga exercises used for self-care

Note: This 90-minute session will include demonstrations and practice in the following basic components of Laughter Yoga and will include some of the exercises listed:

Smiling:

- Smile-Ups

Breathing:

- Laughter Breaths
- Deep Diaphragmatic Breathing
 - Blow Up Balloon
 - Blow Out Birthday Candles

Clapping:

- Very Good, Very Good, YAY!
- Ho-Ho-Ha-Ha-Ha
- Ho-Ho-Ha-Ha Grounding Dance

Laughter Exercises:

#EGBOK ~ SHaFeWAVE ~ WYHa20

- I Love Myself Laugh
- Negative Self-Talk
- Shower Yourself with Laughter
- Have you Laughed Today? (30 seconds of Laughter)
- Shoulder Tapping Laugh
- Jokes by Number



Wednesday, August 12, 2020

*NOTE: You must have attended Part 1 to be eligible to attend this session.

Part 2: Have You Laughed Today? Using Laughter in the Classroom

Because ‘Laughter Yoga’ (with its benefits to mind, body and spirit) is fun, portable and anyone can choose to engage in it anytime, it is an important resource teachers can add to their toolbox as they work with students with unspent energy, those who are struggling to focus, and who need to feel more connected as they learn from a computer screen at home rather than with their fellow students and teacher in the classroom.

Teachers will learn how to apply Laughter Yoga principles and techniques to help their students get needed decrease stress, anxiety and depression and increase their focus, creativity and productivity. They will get energized and feel more connection – and have fun, ready to tackle learning with a more positive and focused mindset.

Building on the previous session, we will dig deeper into the theory and practice of Laughter Yoga, with a specific focus on modeling how teachers can effectively use Laughter Yoga exercises to engage their students in a meaningful and life-long practice that boosts their spirits, their confidence and their overall health by helping them to de-stress, stay active, boost their immune system and provide fun new ways to connect with others in the process.

**No yoga mat, special clothes, position or previous experience required. Come as you are – ready to laugh!
Minimum 10 people to hold the workshop*

Learning Objectives:

At the end of the session, participants will be able to:

1. Describe what makes Laughter Yoga an effective strategy for managing and inspiring students in a classroom (free, fun, portable – anyone can do it...it’s great exercise (the 3 D’s)
2. Building on Part 1, show mastery and explain how and when to do Laughter Yoga exercises for maximum effectiveness in the classroom and help students understand how to implement it in their own lives.
3. Demonstrate at least 3 previously learned exercises, (learned in part 1) and at least 3 new ones (learned in Part 2)

Additional Exercises:

- Gratitude Laugh
- Silent Laughter
- Mirror Laugh
- Animal Laugh
- Brainwashing/Mental Floss Laughter
- Gradient Laugh
- Gentle Finger Laughter
 - Ha-Ha-Ha-Ha-Ha
 - Playing at the Beach
 - Laughter Concert

