

Course in Interlaken Teaches About the Power of Laughter Yoga from 17 to 21 October 2011

DirectRooms.com reveals that anyone interested in learning about a new form of yoga that harnesses the power of laughter can sign up for a series of sessions that will be taking place in Interlaken.

September 7, 2011 (FPRC) -- Between 17th and 21st October 2011, Laughter Yoga Teacher Training is a course designed to enable participants to learn about this specific type of yoga and then develop the skills so they can teach it to others. Under the guidance of Dr Madan Kataria students will be able to stimulate laughter and then convert this to spontaneous laughter that can have a number of health benefits for the body and mind.

Sessions will also go into advanced techniques including Laughter Meditation where laughter can be generated automatically, without force and which can continue for several minutes. Attendees can then go on to present their own Laughter Clubs which are a way of promoting the benefits for use within companies, schools and even the prison system.

The workshops are designed for people that want to be qualified instructors in the technique which can aid workers in different professions. Nurses, psychologists, teachers, care workers and other yoga instructors have all been known to have achieved significant results from using Laughter Yoga with patients and their own students. The course will evolve the technique for different professions and demonstrate how it can be developed as a full time business.

Lek Boonlert, marketing head at DirectRooms.com commented: 'With people attending the course an Interlaken City Centre hotel is going to be much harder to find.'

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About DirectRooms

DirectRooms is an independent discount hotel reservations company based in Asia. Established and online since 2000 with over 55,000 hotels worldwide.

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Keywords

[Interlaken City Centre hotel](#)

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