

Laughter Yoga Session BIG PICTURE Planner



Whether it's your first or your 101st Laughter Yoga session, this handy reference sheet is designed to help you plan a session that both YOU and your delegates will love!

Ask the organiser:

Here are a few things you might like to consider asking the organiser for:

- Plug socket for audio,
- space on a stage
- chair layouts
- clean carpet, state of the floor
- tell delegates to wear layers, socks, etc,
- microphone (if a very large group).
- Water for you and delegates

Remember...

Forms: You can get these signed off in advance:

- Photo release form
- Group liability form

Take a watch, and ask about timing restrictions

Ask about fire alarms

Where the toilets are

Create a **STYLE** for your Laughter Yoga exercise session

Delegates

- 1) Who are your delegates?
- 2) What are their physical capabilities?
- 3) What are they passionate about?

Understand the **POSSIBILITIES** and **RESTRICTIONS** for your session

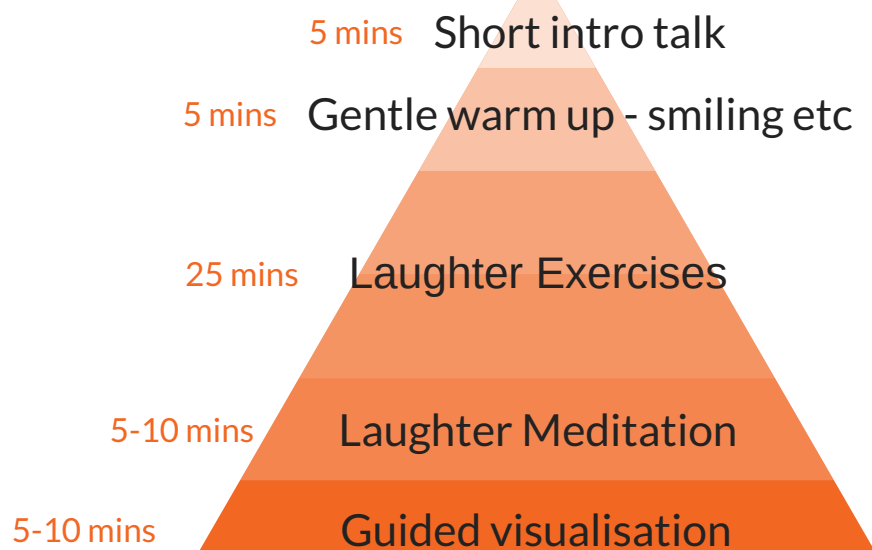
Venue

- 1) What is the room like? Size/layout?
- 2) How many people will be in the room?
- 3) How much will the room allow for people to lie down/move around etc?

Booked by an organiser?

- What is the brief from the organiser?
- What does the organiser want to achieve by the session
- Get precise start and finishing times
- Have you been to view the venue before?
- Have you already met the organiser

Session Timing



Times are suggestions only.

Create a well-planned schedule for every session