



# Laughter and Creativity

Tap into your creative essence through laughter!

Thanks to our unique qualifications in **Laughter Yoga, Art Therapy, and Traditional Yoga**, we can use a variety of techniques to complement and enhance your Laughter Yoga experience.

**Our mission:** to guide, help, and support you while you learn to cultivate FUN. EXPLORE YOUR UNKNOWN POTENTIAL, through a selection of inspiring and nurturing workshops...

*"As a writer, I am always searching for new ways to stay productive, and Laughter Yoga opens my creativity to new heights. In fact, I am now expressing my creativity through visual arts as well. Each week brings new inspirations. It's a must for the artist in everyone."* Leanna D. McGuire

## Many themes are available

### Vision board

To help you discover, design, and achieve the life of your dreams.

We use several techniques designed to stimulate your creative process, including:

meditation, focus, visual research, collage making, visualization, poetic wordplay, and journaling.

### Mail Art

**Mail art** began in the 1960s as a way of using the international postal system to send visual art, music, and poetry.

It is a creative and innovative way to send personalized love, appreciation, and gratitude letters to your friends and family through the mail!

We explore Mail Art and learn to design artistic envelopes and cards – after this workshop, you will never look at mail in the same way again.

### Sacred geometry: mandalas and labyrinth

Using mandalas and labyrinths as tools for self-exploration, balance and, wellbeing.

### Creative Journal

Learn how you can use a journal to get in touch with your deepest inner self. You will learn combined creative activities such as doodling, scribbling, drawing, collage making, and writing inner dialogue and letters by using colors, lines, images, symbols, and prose.