

COALITION FUNDRAISER WORKSHOP

*National Capital Region Chapter, Canadian Counselling and Psychotherapy Association
(NCR Chapter - CCPA)*

LAUGHTER YOGA - LAUGHTER FOR NO REASON: Embrace Joy, Celebrate Life!

Presented by Sophie Terrasse, Sunflower Institute

Laugh for optimal physical, emotional and mental well-being.

Increase your laughter capital and reap the wonderful dividends of laughter for no reason. This workshop will include a brief history and concept of Laughter Yoga and participation in a Laughter Yoga class. Self-assessment will be conducted pre and post Laughter Yoga class. The Laughter Yoga class includes relaxation and will be followed by a question and answer discussion. Tips will be offered on how to put more laughter in your daily life and how to laugh alone.

Sophie Terrasse is a licensed Art therapist, a certified Kundalini Yoga and Laughter Yoga teacher/leader. She is the founder of the Ottawa Sunflower Laughter Club, The Sunflower Institute, and Laughter Capital.

DATE: Saturday, February 25, 2012
LOCATION: St. Paul University
223 Main Street, Ottawa, Room 103
TIME: 9:00 AM to 12:30 PM

- Complimentary continental breakfast will be provided
- There will be a limit of 50 participants
- Acceptance of your registration will be confirmed by e-mail
- Receipts will be available at the workshop
- There will be no refunds after February 10, 2012
- Continuing Education Credit Units will be issued to participants upon application
- Membership numbers must be included to receive the members fee
- Please note St. Paul's weekend parking rate of \$2. Free parking may be available on Main Street. See www.ustpaul.ca for details.

For further information, please call **Reina, (613) 823-1382**

Please send registration form and cheque (payable to NCR Chapter - CCPA) to:

Workshop Registrar, CCPA-NCR Chapter, 25 North Harrow Dr., Nepean, ON K2J 4V7

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FEBRUARY WORKSHOP - COALITION FUNDRAISER (February 25, 2012)

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NAME: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

E-MAIL ADDRESS: _____

TELEPHONE: (H) _____ (W) _____

CCPA MEMBER (\$50) _____ Membership# _____ NON-MEMBER (\$60) _____ STUDENT (\$35) _____

ORGANIZATION: _____

DO YOU WISH TO APPLY FOR CEC'S FOR THIS WORKSHOP? YES _____ NO _____

HOW DID YOU HEAR ABOUT THIS WORKSHOP? _____
