



LAUGHTER YOGA THERAPY

Date: 12 May 2018, Saturday

Time: 9.30am to 11.30am

**Venue: DSA Centre, Studio 1,
Bishan Place, #09-01,
Junction 8 Office Tower,
Singapore 579837**

Speaker's Profile: Mr Van Ram

Mr Van Ram is the founder of Singapore Laughter Yoga and Maximum Wellness. He is trained by Medical Physician and a certified Laughter Yoga Teacher (Master). He has a Master of Education from Nanyang Technological University and a Bachelor(Hon) in Psychological Studies. He had conducted Laughter Therapist for 500 medical doctors in an international medical conference.

Synopsis of Talk:

In this workshop, Mr Van Ram will engage our participants with the followings:

- Introduction to Laughter Yoga for caregivers and persons with Down syndrome (Theory)
- Therapeutic Laughter and its social effects (Theory and Practical)
- Laughter as a therapy for the mind (Practical)
- Laughter as an exercise for the body (Practical)
- Practical laughter exercises (Interactive, Reflective and Reflexive)

Please submit your registration to Janet at email: janet@downsyndrome-singapore.org or call 6500 9304 for any queries.

Closing date for registration: 10 May 2018

Target age group: Parents and children with Down syndrome, 5 years old and above