

# Laughter Yoga - Congress 2013 Germany



Motto:

**The Magic of Laughter**

**22.03 - 24.03.2013** Horn-Bad Meinberg at Yoga-Vidya, House Shanti  
([www.seminarhaus-shanti.de](http://www.seminarhaus-shanti.de), [www.yoga-vidya.de](http://www.yoga-vidya.de)), Germany

With the inventors of Laughter Yoga, **Madhuri and Dr. Madan Kataria**  
& the founder of "simplify" **Werner Tiki Küstenmacher**

Attendant Training Program of Laughter Yoga University:

Five-day **Laughter Yoga - Teacher Training** \*16.03. - 20.03.2013\* Leader Dr. Kataria,  
Medium of instruction: English - German

One-day **How to work smart not hard through spirituality** \*21.03.2013\* Leader Dr.  
Kataria, Medium of instruction: English - German

**Laughter Yoga - Leader Training** \*21.03. - 24.03.2013\* Leader Gabriela Leppelt-  
Rommel, Congress Manager & Laughter Master Trainer & Veronika Spogis, Laughter Yoga  
Teacher, Medium of instruction: German

Laughter Yoga, the most cheerful way into happiness affects more and more hearts.  
The pulling up of the corners of one's mouth is one of the most beautiful yoga-positions.  
It connects not only the people with each other, it releases also from stress and it is  
regarded as a real nature healing. For the third time, a Laughter Yoga Congress opens its  
gates. From 22.03. - 24.03.2013 everyone is invited in Horn-Bad Meinberg to bring your  
diaphragm into position in order to learn the astonishing about the development of Hasya  
Yoga and adjacent themes in a cheerful way.

That India lies just around the corner, will be proved by the inventors of Laughter Yoga,  
Madhuri and Dr. Madan Kataria. It is our great honour and pleasure to welcome this  
wonderful married couple in Germany. They are with their mission "Health, joy of life,  
and peace of laughter yoga" tirelessly on their way around the whole globe. They are the  
originals, the masters of Laughter Yoga! Their worldwide experience is a great source of  
inspiration. Their vision to establish a Laughter Yoga University in Bangalore comes  
already into concrete shape. A part of the Congress Incomes goes into the Laughter Yoga  
Foundation that helps making Laughter Yoga accessible to more and more people from all  
over the world. The Congress offers the unique chance to meet the Kataria couple and  
come once into close contact with them.

Dr Kataria offers a five-day Laughter Yoga - Teacher Training, from 16.03. - 20.03.2013,  
before the Congress. Deep knowledge about Laughter Yoga and its varied fields of  
application will be mediated. After the training the participants are able to do certificated  
Laughter Yoga - Leader Trainings, to set up a Laughter Yoga Club and to enrich their own  
life with more laughter. In addition to that they can lead Laughter Yoga - Teacher

Training College, workshops in business, in public and private institutes, hospitals, nursery schools, schools, universities and self-help groups. A translation is available.

All visitors have the opportunity to meet the Kataria couple as main mediator on the Congress. Laughter Yoga - Pros and everybody who would like to know much more about it could in connection with that attend a one-day seminar about "How to work smart not hard through spirituality" on 21.03.2013.

**Of course the congress offers a good deal more. Over FORTY very committed and unique experts from the fields laughter yoga, humour, yoga and adjacent fields like therapy, education, Qigong, philosophy, dancing, improvisation, art and singing offer a wide spectrum of interesting workshops where the diaphragm is always been involved. You will find all further details during the program.**

<http://www.laughteryoga-shop.com/lachyoga-kongress.html>

### **Place and accommodation:**

Yoga-Vidya e.V.  
House Shanti  
Yogaweg 1 (former Wällenweg 42)  
32805 Horn-Bad Meinberg  
GERMANY

[www.yoga-vidya.de](http://www.yoga-vidya.de)  
[info@yoga-vidya.de](mailto:info@yoga-vidya.de)

Tel. 0049 (0) 5234 - 87 - 0

### **Prices for accommodation / catering / congress-fee:**

Congress-Fee: EUR 180,-  
5-day Teacher Training: EUR 950,-/repeater EUR 350,-  
1-day seminar "How to work smart not hard through spirituality": EUR 150,-  
3-day Leader Training: EUR 400,-  
(includes How to work smart & congress fee)  
Booking hole program 16 – 24, March get REDUCTION: EUR 130,-  
Booking Teacher Training & How to work smart 16 – 21, March get REDUCTION: EUR 50

Accommodation / room prices per person, including breakfast, lunch and dinner, excellent vegetarian food, tea and ayurvedic water

Single room: EUR 51,50  
Double room: EUR 37,50  
Several (4) bed room: EUR 30,-

At the weekend: price increase of EUR 5,- per day.

## **Application and Contact for ALL questions:**

Gabriela Leppelt-Rommel – Congress-Manager, LY Master Trainer

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## **Location**

The next airport is airport PADERBORN, near the City of Paderborn. From the airport Paderborn you can go by taxi (35 Minutes) or train from main station Paderborn (50 Minutes) to main-station HORN-BAD MEINBERG, where the Laughter Yoga week takes place. From airport HANNOVER it takes 2- 3 hours by train. There are several daily connections from airport Munich (South of Germany). From international airport Frankfurt it takes 5 – 6 hours by train.