

*Surprising and unique 11 day long experience
of laughter yoga, nature- and meditation journey
... on Curacao*

Come join us!



11th - 21st of April, 2013

and/or

12th - 22nd of May, 2013

*Surprising and unique 11 day long experience of laughter yoga ,
nature- and meditation journey on Curacao.*

Come join us!

.....
*A happy and joyful journey, in which
love and pleasure go hand in hand.*

*An 11 day energizer on luscious
Curacao, in which you can change
your life into a lifetime of laughter.*

*You will learn to live with positive
feelings and a positive mindset, so
that your life can be one burst of joy 😊*

.....



***Laugh for no reason from Dr. Madan Kataria
with Laughter Yoga Teacher Saskia van Velzen
and Laughter Yoga Leader Marion Pantekoek***

11th – 21st of April, 2013 and/or 12th – 22nd of May, 2013

Costs are 1695 euro WITHOUT plane tickets (est. 595 euro on Arke-fly)

Look for specific reservations and payment information on page 6.

Power hotspot

Curacao is not only famous for its beautiful beaches and sunshine, but also for its energetic power hotspots. Everyday shall be a day full of laughter, meditation and energetic recharging and cleansing. Deep spiritual processes may be triggered during the course of this program.

With guidance of laughter coach Saskia, you will experience the power of laughter several times a day. Meditation coach Marion will take care of bringing you an unforgettable experience on several power hotspots. These meditations are focused on the cleansing of our chakras and accepting the love of life into our hearts.

*During this journey you can become a licensed **Laughter Yoga Leader** at no extra costs.*



Organization

This journey is organized by Marion Pantekoek, in co-operation with Saskia van Velzen.

Marion lives on Curaçao and knows all the beautiful places on this island. Marion knows all about its powerful hotspots and she works with spirituality and energetic work on a daily basis. Marion is a certified Laughter Yoga Leader.



Saskia lives in the Netherlands. Saskia currently works as a head administrator at a publisher and owns her own company "Lachwinkel" as Laughter Yoga Teacher. Hereby Saskia proves that two different worlds can definitely walk hand in hand.

More about us on page 7.

The Program

Curacao wouldn't be Curacao if it had a tight schedule. On this island we will learn to live with the flow of life, pull ourselves out of the rush of life and adapt to the rhythm of the sea and wind. The most important parts of the course are indeed on schedule, but everything may come as a surprise.

Daily program

- ☺ Sunrise meditation at dawn, meant for the way of embracing ourselves, our being and to start the day with everything that shall come on our path
- ☺ Laughter yoga session to stay that day in a joyful way
- ☺ Vegetarian and holistic breakfast
- ☺ Fresh vegetable- and fruit juices
- ☺ Discussion on Maya energy of the day, that will help you to remain in the flow on everything that shall come on your path as a possibility to grow
- ☺ Visiting energetic places, including visiting one of the beautiful beaches where you can take a swim and cool down. A well cared pick-nick shall be served at one of the beach tables. (Diving is also a possibility, but at your own costs)
- ☺ Visiting historical and touristic places
- ☺ Going home and enjoy a delicious meal, and spend an evening full of music, games, dance or maybe even by doing nothing at all.

Extra programma

- ☺ Spend a day in Punda for a gathering with the local laughter yoga group and enjoy an intense moment of laughter
- ☺ Going out for dinner and shopping (at your own costs) or visit a museum and go to the cinema (at our costs)
- ☺ Spending 1 or 2 nights out in nature, at one of the finest energetic places on Curacao where you can enjoy the beauty of nature and the stars
- ☺ Possibilities to go diving, snorkeling, swimming with dolphins (at own costs)



Including

- ☺ **The course to become a Laughter Yoga Leader, including all the lesson material needed and a diploma. A signed copy of Saskia her book (in Dutch) on Laughter Yoga when it arrives from the publisher. You will also receive free access for half a year to the official website of Dr. Kataria where you can come in contact with Laughter Yoga Leaders from all over the world and with lots of valuable information, researches and films. The diploma is optional and does not bring any extra costs.**
- ☺ *Staying at a former holy resort, which was the residence of the friars, with a lovely garden and land around the place*
- ☺ *All loges and vegetarian and holistic prepared meals*
- ☺ *All transportation*
- ☺ *Several laughter yoga sessions per day with laughter yoga teacher Saskia*
- ☺ *All guided meditations in the morning and on location by meditation coach Marion*
- ☺ *All guidance during the day*
- ☺ *Information on historic Curacao and its nature*
- ☺ *All entry fees for historic and touristic places and beaches*

What remains for you to pay

- ☺ *Coffee/tea, juice and water ordered beside the drinks provided by the program*
- ☺ *All personal expenses and food and drink on our visiting day to Punda*
- ☺ *Extra's such as diving or swimming with dolphins*
- ☺ *That's all folks ☺*



Reservations

Dates 11th - 21st of April, 2013 and/or 12th – 22nd of May, 2013

The costs are 1695 euro without plane ticket (± 595 euro at Arke-fly, of via Selkam travel agency Rotterdam)

Reserveren:

Enlist yourself by sending an e-mail to marionpantekoek@hotmail.com with the following information:

- Name and address
- If you want to participate with the course of becoming **Laughter Yoga Leader**
- Which date has your preference?
- Is any other date also an option? Yes/no

Join us soon. Minimum number of participants is 8, the maximum is 18.

Matter of payment

Your application for the course is confirmed, once a downpayment of 425 euro is received on the Dutch Bank Account of ASN 70.72.59.053 meant for M.E. Pantekoek on Curaçao.

The remaining sum must be paid 2 weeks before the start of the journey.

Conditions

By paying the **down payment** of € 425 you are officially enrolled into the course.

The **complete payment** of € 1695 must be finally paid 2 weeks before the journey .

You are responsible for booking the **flight**, we make sure that you will be picked up at the airport.

By **cancellation** two months before the journey you do not owe a down payment. Between two months and two weeks before the journey the sum of € 425 on down payment must be paid in full. Two weeks before the start of the journey full sum of € 1695,- is owed.

You are held responsible for having your own **travel insurance**.

We cannot be held **responsible** for your personal possessions and health.

Our intention

We will do everything we can in order to make this an unforgettable, happy journey full of laughter, nature and energy. An experience that we wish you can look back on with a big smile in the years to come. This journey is all about you, your being, your inner happiness and the flow of life.

We would love to see you on beautiful Curacao, apply now!

😊 Saskia van Velzen & Marion Pantekoek 😊

Our contact information

MARION PANTEKOEK (1958) - HEAD OF ORGANIZATION

Lagun 31, Lagun, Curaçao
marionpantekoe@hotmail.com
+599 (0) 95161825

Clothing designer
Sports masseuse
Laughter Yoga Leader



Familiar with:

several massage techniques, energywork in various ways, Sjamanism, soul retrieval, dolphin energy, Mayan calendar, working met spiritual guides

SASKIA VAN VELZEN (1968) - CO-HEAD OF ORGANIZATION

Johanniterweg 14
6865 WH DOORWERTH
info@lachwinkel.nl
www.lachwinkel.nl
+31 (0)6-21856020

Reiki master
Poly-energetic therapist
Laughter Yoga Teacher



Familiar with:

Family constellations, NLP, meditation, zen, jassentechniek, aura- and chakrahealing and –reading, hypnosis