



The Amused Muse

Soul Joy

The Introductory Experience



We Were Designed with Joy in Mind

The world is in the constant state of change, yet as individuals we want things to remain the same for awhile. Learning the flow of nature and our own natural abilities can enable us to engage with what is possible in the world and appreciate our unique abilities.

The *Soul Joy Experience* offers us the insight to explore the incredible world of emotion quite differently in a way that we can actually use beneficially. The experience also delves into the concept of joy as it is largely misunderstood, much like emotion. Knowing its greater capacity, we can discover how to use it more naturally and effectively to realize more of our natural abilities and create better results for life.

The Soul Joy Experience opens and moves emotion and joy with:

- **Breath Ability**
When we learn the ways to be more effective with our breath, we find ourselves more capable.
- **The Infusion of Laughter**
Laughter unites the breath and opens the oxygen flow to the body and brain while it moves, reminds and restores what is natural
- **Intuitive Play**
The easiest way to familiarize ourselves with the unfamiliar is to learn to play with what isn't understood. In play, energy is explored creatively to curiously engage our natural intuitive nature.

This unique approach to guiding our greater abilities of emotion allows for innate abilities to rise and the discovery of our joyful soul to emerge.



The Soul Joy Experience

The Soul Joy Experience offers three steps for personal development in appreciating the intensity of emotion and joy..

1

The Weekend Experience

The First Step - The Introductory Experience

The first step is to become aware, define, and apply the integration of emotion and joy with unique activities and applications to create natural realizations of personal capacity.

2

The Human Expansion Experience

The Second Step - The Five Day Immersion

The five day experience is a unique immersion that expands the world of your mind, body and soul joyfully. After the overview of the first step, this course creates a daily engagement of realization and application of all five concepts

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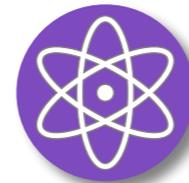
Beyond Condition Experience

The Third Step - 12 Week Applications

Working independently or with a group, the option of this course offers a personal development to apply concepts with support and resource for a more realized appreciation. Varied offerings provide insights into personal applications of Steps one and two or an individual course in Natural Joy Guidance.



Facilitation Training is available as is a year long program of contribution to cultivate a world with more natural well being



Facilitation Training

Six Month Weekly Training Experience

To become certified in the five concepts for facilitation with others, a six month comprehensive course offers a depth of insight, application and engagement for interested individuals. *Requirements: Steps One and Two of the Soul Joy Experience.*



Cultivate Contribution

Two Year Long Participation Activities

Cultivate your own cheer by contributing in a collaborative laughter experience daily or become the laughter liaison for an organization and assist them with laughter for their organization. Optional Programs for your joyous growth



Five Concepts

A weekend's perspective offers time for the integration of five concepts to be explored, activated and exercised to discover more natural abilities.

Beyond myth or confusion, emotions provide us with the chance to energize our life experientially in realistic ways. The unreachable ideal of joy can be acquired and appreciated for its simple sentiments and enduring quality.

The Weekend Experience

The Introductory Experience

Essential Joy

Discover the essential quality of joy and its dynamic ability to increase our sense of well being whether or not we are happy. It is an essence to embrace to navigate the constancy of change.

Emotional Education

Explore the energy in your emotion and realize some interesting concepts that offer us another great perspective of how to apply emotions more significantly and effectively for a greater quality of life.

This introductory course offers an initial experience of realizing the condition of emotion and providing opportunities to explore our human capacity for natural tools to enhance our understanding.

This course is an invitation to Joy.

It is an education for emotion.
It makes us aware of our breath-ability.
It creates a choice of Laughter Infusion
It engages insightful intuitive play.
It allows us to recognize matter (energy)

In collaboratively becoming aware of the ability of each of these natural qualities, we can then begin to learn and apply exercises and activities to emerge and inspire new abilities within ourselves.

The Weekend Experience

An Introductory Course

This is a first step and a joyful opening into the soul's welcoming of the honest expression of our true human condition and how we were naturally designed; with joy in mind.

Welcome to this insightful delightful Experience!

Over the years in training Certified leaders and teachers with laughter, offering meditations and breath work along with designing and playing life games, what was always present in people was a hunger for emotional understanding and the question of comprehending, accepting and adopt our natural condition of joy.

This course provides a gentle way to create easier self acceptance and confidence and serves as a gateway to realize further abilities and insights into our natural human capacity.



The Objectives of this Course:

- To awaken and comprehend the body's integration, mind's appreciation and soul's ability for the capacity of joy.
- To experience and become aware of the natural abilities and energy of emotion.
- To discover expansive natural qualities and applications of our breath-ability.
- To realize our greater human design through the powerful tools of intuitive play and the exercise of laughter.

Benefits from this Course:

Enhanced understanding of natural abilities
Increased function of body and brain
Enhanced ability to relate in better ways
Inspired attitude and appreciation for joy
Improved confidence and connection
Elevated appreciation for emotional fortitude
Insightful and intuitive reflection of energy
Realized opportunities beyond condition
Movement from knowledge to wisdom
.... And this is just the beginning

Our joyous experience realizes human capacity
To Know more appreciation for ability
To Grow more effective and efficient
To Flow more effortlessly with our potential

Weekend Experience

The Introductory Weekend Schedule



Friday Evening

6pm - 9pm

The first evening of your weekend welcomes you to the experience offering a social engagement for participants to come together in the purpose and process of what will occur. Objectives, origins and opportunities of fun-filled activity set the tone for the weekend's experience to roll out with joyful ease.

Saturday

9am - 5pm

The morning begins with a review and check in and opens with an insightful application of the emotional education process followed by activities for joyful engagement. The afternoon continues with an infusion of breath and laughter activities and completes with a session of intuitive play. It is a potent day of engagement for body, mind and soul.

Sunday

9am - 3pm

The morning begins with review and a discussion circle of emotion and joy and continues with expansive activities in the morning to appreciate levels of engagement with breath and laughter activities. The afternoon completes with insightful activities of energy, wisdom and play with an evaluation period for the body, mind and soul. A closing ceremony completes the introductory experience.

Our Schedule

Our Basic Schedule is packed with information, activities and thoughtful discussion for reflection.

Friday

- 5:30 pm** Registration and Check in
- 6:00 pm** Welcome and Introduction Activity
- 6:30 pm** Objectives, Origins and Opportunities
- 7:00 pm** Beginning Evaluations and Definitions
- 7:30 pm** Break
- 7:45 pm** Interactive Group Activities
- 8:30 pm** Grounding Exercise
- 8:45 pm** Q & A, Closure, Saturday Agenda

Saturday

- 9:00 am** Morning Reflections and Daily Evaluation
- 9:30 am** Morning Breath activity
- 10:00 am** Emotional Education
- 10:45 am** Break
- 11:00 am** Happiness & Joy Discussion and Activities
- 12:00 pm** Lunch Break
- 1:30 pm** Laughter Education
- 2:00 pm** Laughter Infusion
- 2:45 pm** Break
- 3:00 pm** The Art of Play
- 3:30 pm** Activities
- 4:30 pm** Review, Evaluations, Q & A, Discussion
- 4:45 pm** Sunday Agenda

Sunday

- 9:00 am** Morning Reflections and Daily Evaluation
- 9:30 am** Morning Breath activity
- 10:00 am** Response-Abilities Activities
- 10:45 am** Break
- 11:00 am** Joyful Laughter Immersion
- 12:00 pm** Lunch Break
- 1:30 pm** Intuitive Play
- 2:15 pm** Energy Matters
- 2:30 pm** Review, Q & A, Discussion
- 2:45 pm** Closing Ceremonies

Considerations and Personal Details:

Breaks times occur at least every two hours, though participants are reminded to give self care as needed. Lunch breaks are 90 minutes and typically the group dines together at suggested nearby local eateries

Water Bottles are always provided with light snacks available during the day. Coffee/tea provided Sat/Sun. Feel free to bring what your body requires via snacks/ beverages for your health and well being.

Take care to dress in layers and body temperature can fluctuate with exercise and room temperature. Welcome notes for class specifics are provided following registration.

Make the *Most* out of your Experience:

1. Honor your personal wellbeing at all times. Appreciate what you can do.
2. Rest well before the course, there is much that will move you throughout the weekend. No Kidding!
3. Be open to new perspectives of old ideas.
4. Plan to have fun, be inspired and ready to discover.
5. Unplug to plug in to the weekend. Leave all else behind.
6. Expect change to occur, love what you change.
7. Consider what you want to get out of the experience.

Class Materials:

A Class manual is provided as a workbook and serves as a review following the course. A certificate of completion is offered at the close of this *Introductory Level Course*.

Completion:

Upon completion a certificate is offered as well as an overview and manual. After class inclusion in a sharing folder provides further information to expand information. Those who complete this course receive email news and support and are included in online follow up opportunities as they expand.

The Introductory Weekend Experience

Fee: \$525 • Register in Advance

Lodging and meals are not included in the fee.

Take the Next Step in your Joy Evolution

The Soul Joy Experience

www.TheAmusedMuse.com

Human Expansion Experience

The Five Day Immersion Course

The introductory course opened a new world of joyful consideration, emotional curiosity and energetic insight. It brought attention to the natural abilities discovered in the ways we can use breath to navigate our capabilities. It offered us the experiential engagement of natural laughter and the insightful and intuitive nature of play. For an introductory course, it offered a lot of new perspective, yet it is only the beginning of what is possible within the framework of our human potential.

To realize more sagely and effectively what opened in the Introductory course, the five day course of human expansion offers an immersion into realizing life's greater possibilities with joyful purpose. Learn to align the network of the cognitive and emotional mind, our feeling oriented physical body and the inner dwellings of soul with a delightfully natural joyful purpose. Beyond the conditional world, remember again that we were designed with joy in mind and allow an immersion into *Soul Joy*.

The Human Expansion Experience

Fee: \$1295 • Register in Advance

Lodging and meals are not included in the fee.



Objectives of this Course:

- To experience, remember and reunite with yourself in a deeper essence of joy.
- To engage life with expansive breathing methods for increased breath-ability.
- To learn more natural skills and integrations of laughter infusion for an increase of body, mind and soul application.
- To expand the greater resources and powerful applications of the advanced nature of play.
- To engage unique perspectives of energetic emotion developed with education for practical purposeful use.

Benefit from the Expansion:

Know ~ Awareness with Education

Expansive appreciation of our ability to understand the unique integrations of education for body, mind and soul.

Grow ~ Education with Application

The immersion of essence and technique into an evidence based application and realization of natural capacity.

Show ~ Application for Contribution

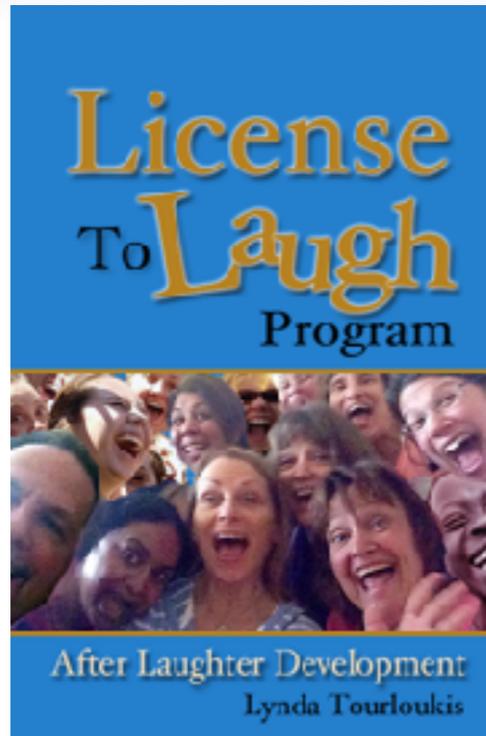
Realization of potential from a personal perspective increased with global focus.

Prerequisite: The Introductory Weekend Experience

Growth, Expansion & Support Programs

The Soul Joy Experience

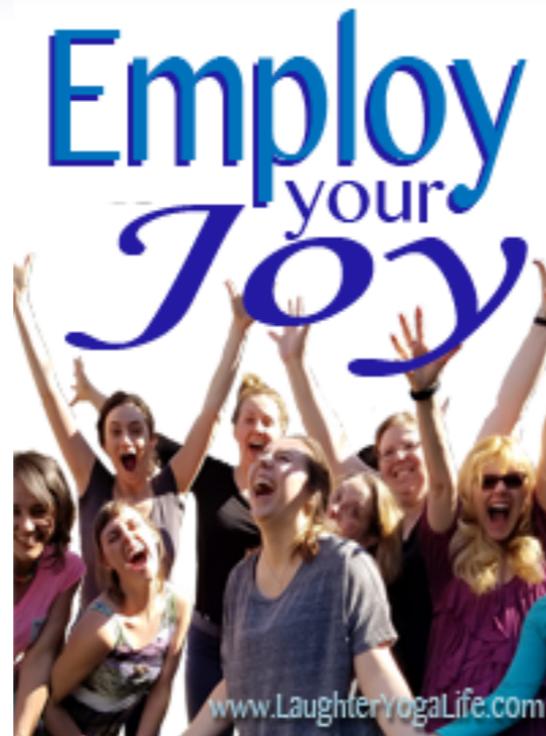
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License to Laugh

Designed as a follow up program for those who have taken the Soul Joy Experience or for those Certified In Laughter Certification who want a weekly activation and guidance to add professionalism. This course offers a specific focus on laughter, breath and playful activities for personal development in weekly one hour sessions with happy-work assignments that follow to grow in developing appreciable stages.

12 session weekly experience



Employ your Joy

For those who would like to appreciate a way to share what is learned from the introductory course with laughter and play, this weekly design offers facilitation skills in the exercise and sharing of laughter and play activities. It centers on the groups you would like to share with and applies a professional edge to what you offer. Weekly one hour sessions with assignments to grow your offerings.

12 session weekly experience



Inspire Your Desire...

Beyond problems there is promise, passion and a purpose of knowing there is a better way and a desire to discover what works and what is right about our human condition. Our course(s) naturally bring up the seemingly familiar in an unfamiliar way, so for those who would like to review and apply in a more intimate setting and pace, a personal experience of joyful guidance for life development may be more suitable for your evolution. To realize the joyful design and recognize lighter and brighter realities takes on individualized practices with breath ability, laughter infusion, intuitive play for a more insightful journey to joy. Because stress doesn't have to be our only option... step into a personalized experience that hears and sees who you are and invites you to develop a path of possibilities in one hour weekly sessions.

Individual Experiences • Group Experiences

24 and 48 Weekly options

Create Contribution in the World

The Soul Joy Experience

www.TheAmusedMuse.com



Cultivate Change Challenge #1 **365 Days of Laughter**

For those who want to really develop themselves with a healthy practice to augment what has been offered in the Soul Joy Experience, begin with breath and laughter. Give yourself a ticket to joy by adopting a year of laughter for life. Personally observe the ways laughter can make a difference by joining into a 30 minute daily connection of laughter in exercise with time for introductions and questions and answers to follow. As you learn more value, add to the experience more purposefully as you donate, your time, ideas or even funds where necessary to make this worthy program add to the world wellness and swellness. Learn the ways of contribution to self and then to others.

Cultivate Change Challenge #2 **Create the Happiness of Humanity**

We can make a difference in the world when we help ourselves. This fee based program is designed for collaboration and connection. There is no cost to you, the fee is paid by the organization you wish to work with and contribute to during the year at least once per month and more if you are so inspired.

Allow an organization to sponsor you in this program and then add to the joy of that organizations growth and development as you develop yourself with our monthly projects. This is a fun loving exciting year long opportunity to advance yourself and your community.

We connect weekly, meet quarterly in different parts of the US and create both local and global joyous change.



Lynda Turloukis

The Amused Muse

Offering a way to play with life's possibilities has got to be the gift of a life time!

As a professional coach and director of leadership, pointing people in the direction of their greater potential has always been a blessing and a way to create more realtime peace on Earth, one group at a time; one soul at a time. Combining it with the joy of laughter over a dozen years ago changed the dramatic difference to be one that allowed for the light in individuals to shine brighter. Adding play became the great love of inspiring ways to play with life and all its wondrous possibilities. In this a better world emerges that's meant to share.

Inspired and constantly creative, Lynda Turloukis has designed over 35 life games of playing with the possible. Her programs in laughter show a depth of comprehension that makes her a true master of her purpose with a passion for sharing it. Though it is her insightful and unique approach to *uncondition* the condition of humanity with an evolution and education of what our emotions can actually offer when redirected with playful potential and the power of a joy filled perspective that continue to inspire her offerings.



Laughter with the Real Doc Hollywood



Chicago Laughing Leaders



Joy with Civi Rights Activist Naomi King



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Playing with Life's Potential

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