

REGISTRATION PAPERWORK AND DETAILS

BECOME A CERTIFIED LAUGHTER YOGA LEADER

Special 2-DAY Workshop!
September 16 & 17, 2017

get fit
get laughing!



help others
become more joyful
laugh at home and at work!
destress and get energized!
lead laughter presentations!

start up a laughter club

Activity Directors & PA Social Workers
Get your 16 CEUs!

Cost: \$300.00

Location: Alexa's Laughter Studio
Media, PA 19063
(Philadelphia Area)

RSVP by 9/8/17
alex@laughteryogawithalexa.com
215 478 5669
<http://www.laughteryogawithalexa.com/testimonials>



**2-DAY
CERTIFIED LAUGHTER
YOGA LEADER TRAINING
WITH ALEXA DRUBAY
September 16 & 17, 2017**

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REGISTRATION FORM

2-DAY Certified Laughter Yoga Leader Training
September 16 & 17, 2017

(PLEASE PRINT YOUR NAME EXACTLY AS YOU WOULD LIKE IT WRITTEN ON YOUR CERTIFICATE)

NAME _____

ADDRESS

E MAIL _____

PHONE () _____

Hours of training : Saturday 10:00 AM- 6:00 PM & Sunday 9:00AM-5:00PM

ENROLLMENT FEE: \$300.00

Non-refundable **\$75.00 DEPOSIT by Friday, September 8, 2017**

Balance of \$225.00 due on Saturday, September 16, 2017

Please make checks payable to: Alexa Drubay

Send deposit to : **Alexa Drubay, 728 Hemlock Rd, Media, PA 19063**

I am an Activities Director. Y/N_____

I am a Social Worker Y/N _____

I am interested in becoming a Laughter Yoga Leader because _____

! Important Information! If you have any food allergies or other concerns, please list here:

16 CEU Credits

NAAPCC (National Association of Activity Professionals Credentialing Center)

- **NCCAP (National Certification Council for Activity Professionals)**
- **NASW-PA (National Association of Social Workers, Pennsylvania)**



Video samples:

Alexa- Laughter Yoga with Older Adults

Interview with Philadelphia Icon, 95yr-old Suzanne Roberts, host of the TV show 'RRX/T' \YbaX[`dVU' bgV[R

<https://youtu.be/7XQyGRMQy9Q>

Alexa laughing with various groups:

<https://youtu.be/T9-qpozSKS8>

2-DAY Certified Laughter Yoga Leader (CLYL) Training

with Alexa Drubay September 16&17, 2017

Laughter Yoga Information & Liability and Photo Release

Laughter yoga is a fun and healthy exercise regime with beneficial effects for the body, mind and emotions. Like any form of aerobic exercise, it should not be practiced by people with medical problems without first seeking advice from their medical practitioner.

Laughter Yoga should not be considered as a substitute for proper medical consultation for physical, mental and psychological illnesses.

It may not be suitable for everyone. Laughing involves some physical strain and a rise in intra-abdominal pressure. It is contraindicated for people suffering from

- Advanced (bleeding) piles
- Any kind of hernia
- Any persistent cough
- Anything with acute symptoms
- Epilepsy, Heart Disease
- High blood pressure, Incontinence
- Major psychiatric disorders
- Severe backache
- Or having undergone surgery within the last 3 months

This list is for guidance only and is not meant to be exhaustive. If in doubt, first consult a trained medical professional for guidance. Anyone already undergoing physician-prescribed therapy should seek the advice of their doctor before reducing or stopping such treatment.

Please use your common sense. If during a session you feel sudden or new pain, please leave the session immediately, or advise the leader if you require assistance.

Please Read This Carefully:

I am participating in Laughter Yoga sessions requiring physical exertion that may be strenuous and may cause physical injury. I am fully aware of the risks and hazards involved.

I am physically fit and I have no medical condition that would prevent my full participation in Laughter Yoga sessions, or if I have any medical problems or conditions I have fully revealed these to the Laughter Yoga Teacher before each session.

I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the sessions, and knowingly, voluntarily and expressly waive any claim I may have against Dr. Kataria School of Laughter Yoga, Laughter Yoga International, their leaders, teachers, employees or assistants for injury or damages that I may sustain as a result my participation. I agree that I, my heirs or legal representatives forever release waive, discharge and covenant not to sue for any injury or death caused by their negligence or other acts.

I understand that photographs/videos may be taken at the event, and I have no objection to their use on the club website and for training purposes.

I have read the above release and waiver of liability and fully understand its contents.

I voluntarily agree to the terms and conditions stated above.

Printed Name _____

Signature of adult: _____ Date(Day/Mo/Year): ____/____/____

Meet your trainer:



Alexa Drubay is a certified Laughter Yoga Teacher (CLYT) and Laughter Ambassador, who trained in Bangalore, India with the founder of Laughter Yoga, Dr. Madan Kataria at Laughter Yoga University..

She leads two weekly laughter clubs in her community of Media PA, outside of Philadelphia. Alexa also offers laughter club activities in Center City Philadelphia, as well as regular Laughter Yoga sessions in Baltimore, MD.

Alexa presents Laughter Yoga Resilience and Wellness sessions and workshops to all types of groups- from young students to seniors, to social workers, health care professionals, the corporate world and to all manner of public and private groups. Her clients include the American Heart Association, Johnson & Johnson, Temple University Hospital, Penn State College, Girls Scouts of America, etc.

She also shares Laughter Yoga resilience and wellness with combat vets, cancer patients and abuse victims.

Alexa trains others to become certified Laughter Yoga Leaders (CLYL), enabling them to start up their own laughter club in their neighborhood or place of work to integrate the Laughter Yoga philosophy and techniques into their private and professional life.

As a Laughter Yoga Ambassador, Alexa is on a mission to spread the laughter wherever she goes to help others stay strong through laughter and to counteract negativity in the world. She teaches others that a mindful, daily practice of at least 15 minutes a day is the best investment you can make for your well being and leave you feeling liberated, uplifted and energized.

Education: B.A.Drama & Modern Foreign Languages, U. of Notre Dame of Maryland 1982

Languages: English, German, Swiss-German, French, some Mandarin Chinese

Memberships/Affiliations:

Laughter Yoga USA.Org (Committee Member), Laughter Yoga International (Laughter Ambassador), Toastmasters International (CC), AATH.org (Gold Member), Optimist Club (Member of Rose Tree Media, PA), Paris Le Cordon Bleu (Culinary Diploma, honors), PAPA (Pennsylvania Association of Activities Director), Founder of Delaware County Club de Francophones and a Member of the Swiss Helvetic Society of Pennsylvania.

What's covered in this 2-Day Training?

Alexa will explain the history and the philosophy behind Laughter Yoga and teach you the skills you need to go out there and:

- Start up/lead a laughter club in your community and beyond
- Provide Laughter Yoga workshops (at schools, organizations, corporations)
- Lead Laughter Yoga presentations
- Use Laughter Yoga to help others in clinical or other professional settings: 1-on-1, in smaller groups and targeted audiences.
- You will learn 50+ exercises and will be encouraged to experiment, share stories, improvise and discover your inner child!
- **And we will laugh, laugh, laugh! Ho ho ha ha ha, very good, very good, yay!**

You will receive:

- An official Certified Laughter Yoga Leader certificate from The Laughter Yoga International University
- A CERTIFIED LAUGHTER YOGA LEADER MANUAL
- 6 months FREE access to www.laughteryoga.org's PROZONE (a wealth of professional resources and network of Laughter Yoga professionals throughout the world)
- practical Laughter Yoga Club experience
- 2 Laughter Yoga e Books, courtesy of Dr. Kataria
Lunch and snacks, included on both training days.

Where will this take place?

Alexa's Laughter Studio, 728 Hemlock Rd. , Media, PA 19063

What should I wear/bring?

- Wear comfortable, loose fitting clothing. Comfortable outdoor shoes and house shoes to wear in the laughter studio.
- Yoga mat or a blanket (if preferred for final relaxation) , a refillable water bottle.
- Signed Liability Release Form and Balance of Participation Fee.

Thank you for wanting to make this world a better place through laughter!

I look forward to laughing with you!

° Y&V



Additional Learning Opportunities:

Refresher Day for CLY Leaders

Saturday Only \$60.00

A good way for Laughter Leaders who are interested in refreshing their skills and who welcome the opportunity to share/laugh and learn with a new bunch of people.

Lunch included.

fmrART&SENtUR!

Friends and Family

Saturday Only \$99.00

As new Laughter Yoga Leaders your success depends on your commitment to your laughter practice.

Invite your family, partner, spouse or best friend to join you for a one-day training to better understand what Laughter Yoga is all about. They will learn about the history and benefits of laughter wellness and participate in the Laughter sessions.

Your laughter buddy will then be able to help support you as a new Laughter Leader. This will not only enhance your relationship but it will give you a support person that will be laughing with you, helping you to spread the laughter.

Your significant other can become your biggest cheerleader. Partners who laugh together are more apt to stay together. Laughter Yoga helps to create more empathy, improves communication, reduces feelings of depression and loneliness, uplifts, energizes and strengthens relationships. No certification.



Need a place to stay?

Lodging information:

- Pendle Hill Bed & Breakfast,
<http://www.pendlehill.org/stay/bed-breakfast/> (very closeby)
- The Inn at Swarthmore, <http://theinnatswat.com/>
- Media, PA Air bnb, <https://www.airbnb.com/s/media--pa?source=hdr>
- Springfield, PA Marriot,
<http://www.marriott.com/hotels/travel/phlqf-courtyard-philadelphia-springfield/>
- Springfield, PA Days Inn, <http://www.daysspringfieldpa.com/>
- Various other chain hotels at the Philadelphia Airport
15 mins. drive from training location

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%. \$\$!`%\$.%)`5 A` Completion of registration formsžintroductions, coffee & tea

%.%)!`%\$\$`5 A` Viewing of documentary film & press clips, short powerpoint

%%\$\$`5 A`!`%&\$\$`DA` Participant Introductions and why they are interested in LY.
Teacher's story- Alexa reason for joining Laughter Yoga. How to prepare YOUR story.

%&\$\$`5 A`!`%\$\$`DA` Laughter Yoga session

%%\$\$!`&\$\$`DA` Lunch Break (Group lunch, Laughter Blessing)

&\$\$!`'`.\$\$`DA` (Yoga Room) Laughter Yoga Leader basic facilitation skills:
5 Points of Laughter Yoga & 3 Reasons Why

4 steps of Laughter Yoga. Introduction, practice of 1-3 by participants.

- a) Clapping- explain acupressure clapping
- b) Breathing- chanting
- c) Childlike playfulness
- d) LY exercises (20 exercises)

'`.\$\$!(`.\$\$`DA` Benefits of Laughter Yoga, scientific research and contra-indications.
Philosophy behind Laughter Yoga. Applying emotional intelligence.

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(`.)`!`')`.)`DA` Outdoor LY session.

Laughter Yoga session (20 more foundation exercises) teacher presents and demonstrates with student participation.

Laughter meditation basics followed by guided relaxation-led by the teacher.

How do you feel?

)`.)`!`*`.\$\$`DA` The 40-DAY Challenge and Homework.

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- .\$\$!`- .&\$`5 A`Tea/Coffee and Feedback from Day 1- how did you feel about yesterday?

- .&\$!`%\$` \$`5 A`Practice session to continue both practical and theory. 20 more exercises. Participants practice leading exercises. Introduce homework.

%\$` \$!`%\$` \$`5 A`How to start a Laughter club.
Learning about LY with seniors, school children,private groups and in the corporate world.
Basic guidelines for organizing seminars, promoting and running Laughter Yoga sessions, media and publicity.

%%` \$`5 A!`Bccb Certification, and photos , Important dates

%&\$\$!`%\$\$`DA LUNCH Break (Group Lunch, Laughter Blessing)

%\$\$!`%() `DA` Bonus e-materials , Welcome to Prozone, on-line/skype laughter, phone laughter.
Depart for Public Laughter Yoga Session

&\$\$!` .\$\$`DA Practical Exercise - New Leaders co-lead a public LAUGHTER YOGA session

' .() `!`(.\$\$`DA`Tea/Coffee Break

(. \$\$!`) .\$\$`DA`Wrap up of training, follow-up questions Training evaluation

Schedules are subject to change

