

REGISTRATION PAPERWORK AND DETAILS

2-DAY

CERTIFIED LAUGHTER YOGA LEADER TRAINING WITH ALEXA DRUBAY

Take a laughter education vacation



16 CEU Credits for
PA- Social Workers
and Activity Directors

BECOME
*a Certified
Laughter Yoga Leader!*

SAT. & SUN. JULY 21 & 22, 2018

SPRING INTO LAUGHTER
MEDIA, PA. (PHILADELPHIA AREA)
BRIGHTEN, LIGHTEN & STRENGTHEN
WITH LAUGHTER

a 2-Day Laughter & Learning Experience
that promises to leave you feeling uplifted

CERTIFIED LAUGHTER YOGA TEACHER
Alexa Drubay 215 478 5669
alex@laughteryogawithalexa.com
www.laughteryogawithalexa.com/testimonials

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Why train with Alexa?

If you google Laughter Yoga, you will find a lot of information and you will see many people out there doing great work with Laughter Yoga. So how select someone to train with?

Look for a person who has experience with lots of different groups AND who runs a regular social Laughter Yoga club. Find someone who has led many trainings and can share their experiences with you. Seek out someone who will not only train you but who will be there for you when you need follow-up guidance and mentoring. Select someone who is active with their daily laughter practice, who gives back to their community and who leads Laughter Yoga sessions with all types of groups (from kids to older adults, from the corporate world to prisons and with other private and specialty groups). Find someone who remains connected to Laughter Yoga International/Laughter Yoga University, to Laughter Yoga USA.Org and keeps abreast of the latest updates and news in the Laughter Yoga world. Choose to train with someone who's style you admire.

The first step to becoming a Laughter Yoga professional, is by taking the 2-DAY training to become a certified Laughter Yoga Leader (CLYL).

Alexa has trained people from all across the US and Canada. Since 2014, she has led 13 trainings and has certified over 100 students. Many have gone on to start up successful laughter clubs in their communities. Others are just happy to add more laughter to their personal lives. The laughter has helped them cultivate their joy, foster resilience and has helped with health issues, relationships and at work.

Others have used the Laughter Yoga in their work (social workers, teachers, medical professionals, motivational speakers, health coaches, etc.)

Some have also gone on to the next level and have taken the 5-day Laughter Yoga Teacher certification training.

Whatever you choose to do with your newfound knowledge, your new Laughter Yoga skills will give you the power to embrace life in a more positive light, with more playfulness, joy, enthusiasm, emotional intelligence and wisdom. Alexa would love to laugh with you!

16 CEU Credits

- **NAAPCC** 0" NaX [NY° `` \PNaX [\S° PatVaf '\$_SR` \X [NY ` _ROR[aNM[T`
R[aR_»
- **NCCAP** 0" NaX [NY, R_aSPNaX [` \b[PYS\ _° PatVaf '\$_SR` \X [NY »:
- **NASW-PA** 0" NaX [NY° `` \PNaX [\S' \PNY+ \XR_` ; \$R [[` fYCN[Vb:



Video samples:

Alexa- Laughter Yoga with Older Adults

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Alexa laughing with various groups:

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

Podcast Interview: <http://offthechartspodcast.com/home/alexa-drubay>

Huffington Post:

http://www.huffingtonpost.com/entry/happily-ever-laughter-from-ha-ha-to-aha_us_59c1b829e4b0c3e70e7428cf?ncid=engmodushpmsg0000003

2-DAY Certified Laughter Yoga Leader (CLYL) Training

with Alexa Drubay July 21 & 22, 2018

Laughter Yoga Information & Liability and Photo Release

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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.

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Meet your trainer:



Alexa Drubay

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What's covered in this 2-Day Training?

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- - _b'd WYRN['ÚÖé 'ReR_PV R' 'N[Q'd WYOR'R[P\ b_NTRO'a\ 'Re] R_VZ R[a\ UN_R' _a\ _VR' j _V] _cV R'N[Q'OV P\ cR' f\b _V [R_PUVQ]'
- **And we will laugh, laugh, laugh! Ho ho ha ha ha, very good, very good, yay!**

You will receive:

- ° [\SSPNY, R_a\SRQžNbTUaR_- \TN'žRNOR'_PR_a\SPNaR'S_\Z '(UR'žNbTUaR_- \TN' t[aR [NaX [NY] [VcR__Vaf'
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 - Ū'Z \ [aU' / & i i 'NPPR' _a\ 'd d d [NbTUaR f \ TNA T](#) « '\$&#. # " i ° 'N'd RNMa\ S] _SR' _W[NY_R' _b_PR' 'N[Q[Rad _X _SžNbTUaR_- \TN'] _SR' _W[NY' aU' _bTU\ba' aUR'd _YO»'
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 - x žNbTUaR_- \TN'R" _X' j P\ b_aR' f _S' _ž NaN_W'
- A healthy lunch and snacks, included on both training days.**

Where will this take place?

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

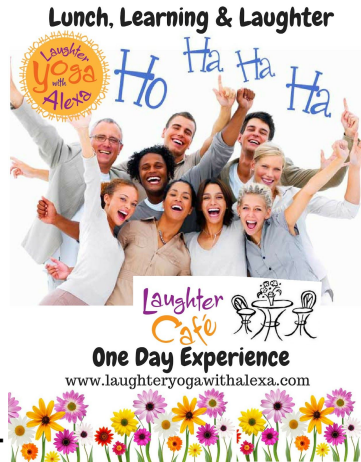
What should I wear/bring?

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fnCR'aURTva\šZnbtUaR,'

Additional Learning Opportunities:

Refresher Day for CLY Leaders ' Nab_ONF # [Yf ... ĩ ŪÖĀÖ'

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žb[PU'V] P\6OROš

Friends and Family ' Nab_ONF # [Yf ... ĩ pPĀĀÖ'

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\SYnbTUaR_`d RY[R_` N[Q] N_a\PM] NaR_V' 'aURžNbtUaR_` R_` W[` š

- \b_`YnbTUaR_`ObQOf 'd WY'aUR['OR'NOY'a\ 'URY] ` b]] _af\ b'N' N[Rd žNbtUaR_žRNQR_š(UV`
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YnbTU'V' T' d V\U'f\ b; 'URY] V' T' f\ b' a\ `] _RNO'aUR'YnbTUaR_š

- \b_` V[V\SPN[a\ aUR_`PN['ORP\Z R'f\ b_`OMTR' a'PURR_YRNOR_š\$N_a[R_` 'd U\ 'YnbTU' a\ TRaUR_`
N_RZ _R'N] a'a\` aNf 'a\ TRaUR_šNbtUaR_- \TNURY] ` a\ 'P_RNaRZ _R'RZ] NaUf; V] _cR`
P\Z Z b[V\PNaX [; _RObPR' 'SRRY[T_ \SOR] _R_` W['N[Q'Y[RY[R_` ; b] Y\š; ; R[R_TVgR' `N[Q`
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Need a place to stay?

Lodging information:

- The Inn at Swarthmore, <http://theinnatswat.com/> (10 mins. drive)
- Media, PA Air bnb, <https://www.airbnb.com/s/media--pa?source=hdr>
- Springfield, PA Marriot, <http://www.marriott.com/hotels/travel/phlhf-courtyard-philadelphia-springfield/> (10 mins. drive)
- Springfield, PA Days Inn, <http://www.daysspringfieldpa.com/>
- Various other chain hotels at the Philadelphia Airport
15 mins. drive from training location (check Priceline for deals)

(Training schedule on page 10 is subject to change according to organizer.)



85 M'

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'HF5-B-B; 'G7<98I @'

85 M%

%'\$\$!%'\$'5 A' (Breakfast Room) Completion of registration forms, introductions, tea & snacks.

%'\$'5 A' (Parlor) Viewing of documentary film & press clips, powerpoint

%'\$\$!%'\$'5 A' (Yoga Room) 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 Leader basic facilitation skills:

Laughter Yoga session

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' 5 Points of Laughter Yoga & 3 Reasons Why- Interviews

%'\$\$!&\$\$'DA' Lunch Break , Laughter Food Blessing'

&\$\$!'.'\$'DA' Benefits of Laughter Yoga, scientific research and contraindications.

Philosophy behind Laughter Yoga. Applying emotional intelligence. Working with different groups (from children to older adults, custom groups, corporate).

Bonus e-materials , Welcome to Prozone, online/skype laughter, phone laughter

'.'\$'da !('.'\$'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' Wrap up discussion. Be observant of how much you laugh and what you can do to add laughter to your life. This is Day 1 of your 40-DAY Challenge.

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HF5-B-B; 'G7 < 98 I @'
85M&'

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

- .% '5 A 'Dr. Kataria -short video, video by Luis Gomez "Soy Libre" Laughter Yoga with Prisoners

- . ' \$!%' \$'5 A 'Good Morning Laughter Yoga Session
Students co-lead session and demonstrate their exercises

%\$. ' \$'5 A '.....'From Laughter Club to Laughter Session.
Basic guidelines for organizing seminars, promoting and running Laughter Yoga sessions, media and publicity.

%%' \$'5 A ' Meet and chat with Certified Laughter Teacher and Laughter Ambassador, Ernie Oktay

%&'BCCB!%\$\$'DA LUNCH Break

%%' 'DA 'XYdUfhi fYz:f'I b]j YfgU]ghil b]Hf]Ub'7\ i fW ž%() 'K "FcgYHfYY'FX'ž
A YX]UžD5 '% \$*' ' .

&\$\$!' .\$\$'DA Di V]W@J [\ hYf'Mc[UgYgg]cb guided by Ernie Oktay and co-led by new Laughter Leaders. Affirmations yes!

' .% 'DA 'drive back to the Laughter Studio

' . ' \$!(.\$\$'DA 'HYU/ 'GbUW'g'@J [\ hYf'8]gW gg]cb'
(.\$\$!(. ' \$'DA '@J [\ hYf'Mc[UUbX'6 i g]bYgg''

Wrap up of training, Mission Statement for CLYLeaders, follow-up questions. Important dates.

(. ' \$!) .\$\$'DA ' Certification and photos, Evaluation forms, Video testimonials

Schedule is subject to change at the discretion of the teacher.

"Flexibility is the key to a happy existence." Jack Smith

