

REGISTRATION PAPERWORK AND DETAILS

2-DAY

CERTIFIED LAUGHTER YOGA LEADER TRAINING

WITH ALEXA FONG DRUBAY

No time for the winter blues....
STRESS RELIEF

Laughter Yoga with Alexa

Certified Laughter Yoga Leader Training

WONDERFUL WINTER LAUGHTER

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

SAT. & SUN. February 23 & 24, 2019
MEDIA, PA. (PHILADELPHIA AREA)

16 CEU Credits
for PA-
Social Workers
and Activity
Directors

Laughter Yoga Professional
Alexa Drubay 215 478 5669
alex@laughteryogawithalexa.com
www.laughteryogawithalexa.com/testimonials

BRIGHTEN, LIGHTEN & STRENGTHEN WITH LAUGHTER

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Why train with Alexa?

ŁSf\bT\TYRžNbTUaR_- \TNj f\b'd WYS[Q'NYa\SV[S_X NaX['N[Qf\b'd WY' RR'Z N[f'] R\] YR\ba'aUR_RQ\Ų T T_RNbd _X'd VdU žNbTUaR_- \TNž _U'd ~ RYRPa` \Z R\ [R'a\ a_NŲ 'd VdU''

ž\X'S_N] R_\ ['d U\ UN 'Re] R_VR[PR'd VdU'Ya' \SOVSR_R[aT_\b] `'' " ~ **who runs a regular social Laughter Yoga club**ž/V[Q` \Z R\ [R'd U\ **has led many trainings and can share their experiences with you.**'' RRX\ba` \Z R\ [R'd U\ 'd WY[\a\ [Yf' a_NŲ 'f\b'Oba'**who will be there for you when you need follow-up guidance and mentoring**ž' RYRPa` \Z R\ [R'd U\ 'V' NPac'R'd VdU'aURV_QNYf 'NbTUaR_] _NPaPRj'd U\ ' TVcR' ONPX'a\ 'aURV_P\Z Z b[Vaf 'N[Q'd U\ 'YRNO' žNbTUaR_- \TN' R' `V['d VdU'NYaf' R' \ST_\b] `°S\Z 'XVO' 'a\ \YOR_Nob'Ya' j_S\Z 'aUR'P_] _NaR'd _YO'a\] _V\ ['N[Q'd VdU' \aUR_] _VcNaR'N[Q`] RP'NYaf 'T_\b] `»ž/V[Q` \Z R\ [R'd U\ _RZ NM['P\ [[RPaRO'a\ žNbTUaR_- \TN] [aR_\ NaX [NY žNbTUaR_- \TN) [VcR_ Vaf j'a\ žNbTUaR_- \TN) ' ° #_T' N[Q'XRR] ' NO_RN a\ SaUR'YNaR' ab] ONaR' 'N[Q[Rd ` V['aUR'žNbTUaR_- \TN'd _YOž , U\ \ R'a\ a_NŲ 'd VdU' \Z R\ [R'd U\«` af YR'f\b'NOZ V_Rž'

(UR'SV` a` aR] 'a\ ORP\Z V[T'NžNbTUaR_- \TN] _\SR` \V[NYj'V 'Of 'aNXV[T'aUR'xŲ `° - a_NŲ V[T'a\ ORP\Z R'NPR_aSROžNbTUaR_- \TNžRNOR_° ž - ž»ž

° YReN'UN 'a_NŲ RO] R\] YR'S\Z 'NYNP_\` 'aUR) ' N[Q_ N[NONž V[PR'xÖÖj;` UR'UN 'YRO' ÖÜ'a_NŲ V[T' N[Q'UN 'PR_aSRO'\cR_ÖÖÖ` abOR[a` ž N[f' UNcRT\ [R\ ['a\ `aN_ab] ' `bPPR' `SbY'NbTUaR_'PybO' V['aURV_P\Z Z b[VdV' ž#aUR_ 'N_R'W' a'UN]] f'a\ 'NOQ'Z _R' YNbTUaR_'a\ 'aURV_] R_\ ['NYycR' ž(UR'Y'NbTUaR_'UN 'URY] RO'aURZ 'Pb'Ya'cNaR'aURV_Wf j; S` aR__R' WR[PR'N[Q'UN 'URY] RO'd VdU'URNaU'V `bR' j; R'YNaX [`UM] `N[Q'Na'd _Xž #aUR_ 'UNcR'b' RO'aUR'žNbTUaR_- \TNV['aURV_d _X° \P'NYd _XR_ j;aRNPUR_ j;Z ROV'NY] _\SR` \V[NY j;Z \acNaX [NY'] RNXR_ j;URNaU'P\NPUR' j;RaPž' ' \Z R'UNcR'NY \T\ [R\ ['a\ 'aUR[Rea'YRcRYN[Q'UNcR'a'NXR['aUR'ÚYQNF žNbTUaR_- \TN' (RNPUR_'PR_aSPNaX ['a_NŲ V[Tž

+ UNaRcR_f\b'PU\` R'a\ Q\ 'd VdU'f\b_[Rd S\ b[Q'X [\d YROTRj'f\b_[Rd žNbTUaR_- \TN` XWY 'd WYTVcR'f\b'aUR] \d R_ 'a\ RZ O_NPR'YSRV['NZ _R] \ `VdC'R'WTUa'j'd VdU' Z _R] YNF SbY [R' ` j' Wf j;R[aUb` W' Z j;RZ \aX [NYV[aRYWTR[PR'N[Q'd V Q\Z ž° YReN'd \b'YO' YcR'a\ 'NbTU'd VdU'f\b j;

16 CEU Credits

- **NAAPCC** 0" NaX [NY° `` \PNaX [\S° PatVaf '\$_SR` \X [NY ` _ROR[aNM[T`
R[aR_»
- **NCCAP** 0" NaX [NY, R_aS/PNaX [` \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

Ⓛ aR_cVRd `d VdU`\$UVNORY] UWN`EP\ [; PÚf_¥AYO" bgN [[R&\OR_a ; iU\` a`SaJR` (*`
`U\ d `RRX[T` \YbaX [`d VdU" bgN [[R`""Uaa] `É `f\bab@R`Ü, %ffi&! %fP%

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-h-a-to-aha_us_59c1b829e4b0c3e70e7428cf?ncid=engmodushpimg0000003

As seen recently (June 2018) CBS News3 Philly:

<https://philadelphia.cbslocal.com/video/3883077-laughter-yoga-unique-exercise-class-offered-in-media/>

2-DAY Certified Laughter Yoga Leader (CLYL) Training

with Alexa Drubay February, 23 & 24, 2019

Laughter Yoga Information & Liability and Photo Release

žNbTUaR_f\TNV N'Sb[N[QURNaJf ReR_PVR_RTvZ R'd VdUOR[RSPVNYRSPa' S_\aUR'OV'Of;Z V[Q'N[Q'RZ \aX['ž žVXRN[f'S_Z \SNR\OVPReR_PVR;Vd' U\byQ[\aOR] _NPaPRO'OF] R\] YR'd VdUZ ROVPNY] \OVRZ 'd VdU\baS_\a' 'RRXV[T'NOcVPR_S_\Z 'aURV_Z ROVPNY] _NPa\A\ R_ž

žNbTUaR_- \TN' U\byQ[\aORP\ [\VOR_RQ'N 'N' bO' a\baR'S_\] \] R_Z ROVPNPA['bYaNaX['S_\] UF' VPNY'Z R[aNY N[Q] 'fPU\Y\TVPNY\W[R' R' ž

kaZ NF [\aOR' bVANO'R'S_\RcR_f\ [RžžNbTU\ T[V c\YcR' \Z R] UF' VPNY' a_NM[N[Q'N_VRV[V[a_NMOO\Z V[NY]_R' b_R\kaV P[a_NM[OVPNaRO'S_\] R\] YR' bSSR_V[T'S_\Z ' .

- ° OcN[PRO°OYRROV[T>] VR' .
- ° [f'XV[Q\ SUR[] W'
- ° [f'] R_\V aR[aP\ bTU'
- ° [faJV[T'd VdUNPbaR' fZ] a\Z ' .
- i] VR[' f; fIRN_a' V RN R'
- fIVTU'OY\O] _R' b_R; ž[P[aM[R[PR'
- ! NW_] ' fPU\Na_V'OV\ _OR_' .
- ' RcR_RONPXNPUR'
- # _UNcV[T'b[OR_T\ [R' b_TR_f'd VdUV[' .

(UV 'W aV 'S_\TbVON[PR' \ [Yf N[QV [\aZ RN[a'a\ OR'ReUNb' ačRžLSV['O\ bOa' S_\] aP\ [' bYa'Na_NM[ROZ ROVPNY] _SR' \W[NY'S_\TbVON[PRž [f\ [R'NY_RNOF 'b[OR_T\ V[T] UF' VPNY[ž] _R' P_VORO'aUR_N] f' U\byQ' RRX'aUR'NOcVPR'\S aURV_O\Pa\ _ORS_\R' _RObP\ T'_ ' a\]] V[T' bPU'a_RNaZ R[až

\$YRN R'b' R'f\ b_P\Z Z \ [' R[' RžSQb_V[T'N' R' \V[' f\ b' SRRY' bOOR['_ [Rd] NM[j] YRN R'YRNcR'aUR' R' \V[' VZ Z ROVNaYf; _NOcVR'aUR'YRNOR_\Sf\ b'_R^b_V_R'N' V aN[PRž

Please Read This Carefully:

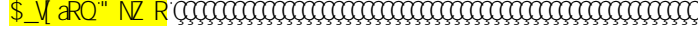
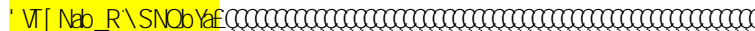

žNZ] N_aPV[NaM[T[V žNbTUaR_- \TN' R' \V[' _R^bV_V[T] UF' VPNYReR_aX[' aUNaZ Nf OR' a_R[b\ b' N[QZ Nf' PNB' R] UF' VPNY[W' f' žNZ 'SbYf Nd N_R\ SaUR_V'X' N[Q'UNgN_Q' V[c\YcROž

žNZ] UF' VPNYf S'aN[Q'žUNcR[\Z ROVPNPA[O\A\ [' aUNa'd \byQ] _RcR[aZ f 'SbY] N_aPV[NaX[V[žNbTUaR_- \TN' 'R' \V[' ; _V\žUNcR[N[f'Z ROVPNY] \OVRZ ' _P\ [O\A\ [' žUNcR'SbYf _RcRNRO'aUR' R'a\ aUR'žNbTUaR_- \TN' (RNPUR_ORS_\R'NPU' R' \V[' ž

žNT_RR'a\ N' bZ R'SbY_R] \ [\VOVaf S_\N[f' V'X' ; j V[W_VR' _ONZ NTR' jX[\d [_b[X[\d [j'd UVPUžZ VUa' V[Pb'_N' N'_R' bYa\S] N_aPV[NaM[T[V 'aUR' R' \V[' ; j N[QX[\d V[TYf; c\Yb[aN_Vf N[QRe] _R' Yf' d NčR'N[f' PNMZ 'ž Z Nf' UNcR'NTM[' a' _žžNaN_VN' PU\Y\Y\SžNbTUaR_- \TN; žNbTUaR_- \TN ž[aR[] NaX[NY'aURV_YRNOR_ j'aRNPUR_ j' RZ] YfRR' _N' V aN[a' S_\V[W_f' _ONZ NTR' aUNažZ Nf' b' aNM['N'_R' bYaZ f'] N_aPV[NaX[žžNT_RR'aUNažZ f' URV[_YRTNY_R] _R' R[a\bačR' S_\RcR_ _RYRN R'd NčR; OV PUN_TR'N[QP\cR[N[a[\a'a\ b'S_\N[f' V[W_f' _ ORNaU'PNb' RO'of aURV[] RTYTR[PR' _ aUR'_NPa ž

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.

žUNcR'_RNO'aUR'NO\cR' _RYRN R'N[Qd NčR' \SYNOWaf N[Q'SbYf 'b[OR_ aN[QVa' P\ [aR[a ž 'žc\Yb[aN_Vf 'NT_RR'a\ aUR'aR_Z ' N[QP\ [O\A\ [' ' aNaRO'NO\cRž .

\$_V[aRO" NZ R' 
 ' V[NAb_R\ SNQbYa  NaR° Nf ' ! \ - RN > E' 

Meet your trainer:



Alexa Drubay V`NPR_aSROžNbTUaR_- \TN(RNPUR_° ž - (»N[Q' žNbTUaR_° Z ON`NO\`j`d U\`a`N[ROV["" N[TNX_Rj`Ě[QW`d V\U`aUR` S.b[OR_`SžNbTUaR_- \TNj` _đ` NON[ŽNaN_VN`ažNbTUaR_- \TN`) [VcR_`Vaf`đ`

'UR`YRNQ` ad` \d`RRYf`Y`NbTUaR_`PybO` V[`UR_`P\Z` Z` b[Vaf` \S!` RQVj`\$`°` j` \ba`VOR` \S\$UVNORY`UVN`đ` YReN`NY` \` \SSR_` YNbTUaR_`PybO`NPačV\AR` V[` , R[aR_` Vaf` \$UVNORY`UVNj`N` d` RYRN` _RTbY\`žNbTUaR_- \TN` R` \X[` V[` "Naž` \Rj!` ~`đ`

° YReN[_R` R[a` žNbTUaR_- \TN`&R` WR[PR`N[Q`+` RY[R` ` R` \X[` N[Q`d` \X` U\] ` a\`NY` af[] R` \ST_`b] ` ¥S_`Z` f` \b[T` abOR[a` a\` R[V_` j` a\` \PNYd` \XR_` j` URN\U`PN`R`] _\SR` \X[NY` j`aUR`P\] \NaR`d` \YO`N[Q`a\` NYZ` N[[R_` \S] bOXP`N[Q`] _VcNaRT_`b] `đ` fIR_`PYR[a` V[PybOR`aUR`°` Z` R_`VPN[`fiRN`a` "" \PN\X[[j`f\U[` \ [<` f\U[` \ [j` (RZ`] YR) `đ` fi\`] V\NY`\$R[[" aNaR_` \YRTRj`fiV_Y` " P\ba` \S°` Z` R_`VPNj`&\d`N[] [VcR_`Vaf`j` d` N_dUZ` \R_` , \YRTR`RaP`đ`

'UR`UN` "NY` \` UN`ROžNbTUaR_- \TN`_R` WR[PR`N[Q`d` RY[R` ` d` V\U`P\Z` ONa`cRa` j` PN[PR_`] NaR[a` j` QMNORaR`] _RcR[aX[T_`b] ` j`] _V\ [R_` j`aUR`OY[Q`<` cV`bNYf` VZ`] NV`RO`N[Q` d` V\U`_RP\cR`f`T_`b] `đ` \$NaU` \S/`_RRO`Z` " !` V[QsbY[R` ` ¥` N` ROi` Z` \aX[NYĚ[aRYWTR[PR` (_NM` V[T`»`

° YReNa`N[` \aUR_` a\`ORP\Z` R`PR_aSROžNbTUaR_- \TN`ž`RNOR_`°` ž - ž`j`R[NOW[T` aURZ` a\` aN_`ab] `aURV_`d [`Y`NbTUaR_`PybO`V[`aURV_` [RVTUO\`U\`Q\`_] YNPR` \Sd` \X`N[Q` a\` V[aRT_`NaR`aUR`žNbTUaR_- \TN] UY\` \] Uf` N[Q`aRPU[V`bR` V[a\`aURV_`] _VcNaR`N[Q`] _\SR` \X[NYYSR`đ`

° YReN`_RPRVcRO`aUR`U\ [\N_f` a\`YR` \S`žNbTUaR_- \TN`°` Z` ON` NO\`_đ` URV` \ [`NZ` V` \X[` a\`] _RNQ`aUR`Y`NbTUaR_`d` UR`RcR_` UR`T\`R` j` a\` URj` \aUR_` " aNf` " a_` \ [T`aU_`bTU` YNbTUaR_`N[Q` a\` P\ b[aR_`NPa`aUR[RTNačVaf` V[`aUR`d` \YO`đ` UR`aRNPUR` \aUR_` aUNa`N` Z` V[QsbY` QNMf`] _NPaPR` \SNa`YRN` aÖÚ`Z` V[baR` `NONf` V` aUR`OR` aV[cR` aZ` R[af` \b` PN[` Z` NXR`S_`f` \b_`d` RYORV[T`N[Q`YRNcR` f` \b` SRRW[T`YOR_`NaRQ`b] YSRO`N[Q`R[R_`TVgRO`đ`

Education f`đ`đ` _NZ` N<` !` \OR_`] /` \RM[`žN[T`bNTR` j`) đ`S" ` \a_R` ~` NZ` R` \S!` N_f`Y[Q`đ` ÖPÝ`xj`" a`đ`fiNYR[`&R` aNb_`N[a!` N[NTRZ` R[a` RT`RRj`žR` , \Q\ [" YRb;`\$N_V` "

Languages: i [TW`Uj`fiR_Z` N[j` " d` V` `f`iR_Z` N[j` /` _R[PUj` " \Z` R!` N[ON_V[` , UM` R` R`

Memberships/° SSXNaX[` £

žNbTUaR_- \TN) ` °` #` _T`°S\ b[QM` T_` \Z` Z` V\ARR!` RZ` OR_` »j` žNbTUaR_- \TN`Ě[aR_`] NaX[NY` °\$` _g\ [R!` RZ` OR_`N[Q`žNbTUaR_`°` Z` ON` NO\`_»j` (" \N` aZ` N` aR_` Ě[aR_`] NaX[NY` , , »j` °` °` (fl`đ`_T`j` #`] aZ` V` a_` YbO`!` RZ` OR_` \S&` \`R(_RR!` RQVj`\$`°` »j` \$N_V` žR_` , \Q\ [" YRb` °` , bY[N_f` ~` Vj` YX` Nj` U\ [_` »j`\$` \$` °\$R[[`f`YcN[W` " " \PN\X[` \S°` PačV\AR` ~` V`RPa\`_` j` /` \b[OR_` \S` ~` RNd` N_R_` , \b[af` , YbO`OR/` _N[P\] U\ [R` N[Q`N!` RZ` OR_` \SaUR` d` V` ` fiRYcRaP` \PRaf` \S\$R[[` f`YcN[W`đ`

Organizer \SE\$UVNORY`UVN` _RN`+` \YO`žNbTUaR_` ~` Nf` , RYRO`NaX[[` xÖÖÚ`xÖÖP`đ` &RTV[NYi` cR[ađ!` VO`¥` aN[aP) ` °` " xÖÖY`žNbTUaR_- \TN`i` ePUN[TR` \$YNF` U\] "

What's covered in this 2-Day Training?

° YReN'd WYRe] YN['aUR'UV a\ _f 'N[Q'aUR] UWX \] Uf 'ORUW[QžNbTUaR_- \ TN'N[Q'aRNPU' f\ b'aUR' XWY f\ b['RRQ'a\ T\ \ba'aUR_R'N[QF

- ' aN_ab] 'YRNQ'NYNbTUaR_PyO'V[f\ b_PVZ Z b[Vaf 'N[Q'ORF \ [Q'
- \$ _\cVORžNbTUaR_- \ TN'd \ _X' U\] ' °Na" PU \ \ Y j \ _TN[VgNaX [\ j' P\ _] \ _NaX [\ »'
- žRNQžNbTUaR_- \ TN'] _R' R[aNaX [\ ' '
-) \ R'žNbTUaR_- \ TN'a\ 'UR] \ aUR_- 'V['PY[VPM \ _\ aUR_] \ _SR' \ W[NY' RaaV T' ' ÖA ['Öj 'V[\ Z NYR_T_\b] \ 'N[Q'aN'TRaRO'NbOVR[PR' ž
- - \ 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' ž [aR [NaX [NY] [VcR_\ Vaf '
- ° ' i & (ž ž ~ ž °) f i f i (i & - # f i ° ž i ° ~ i & ! ° ") ° ž '
- Ū'Z \ [aU' / & i i 'NPPR' \ a\ d d d [NbTUaR f\ TNA T](#) « '\$&#. #" i °N'd RMaU\ S] \ _SR' \ W[NY_R' \ b_PR' 'N[Q[Rad \ _X \ ŠžNbTUaR_- \ TN'] \ _SR' \ W[NY 'aU_\bTU\ba' aUR'd \ _YO»'
-] \ NP\PNYžNbTUaR_- \ TN' \ Yo'Re] R_VR[PR'
- 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

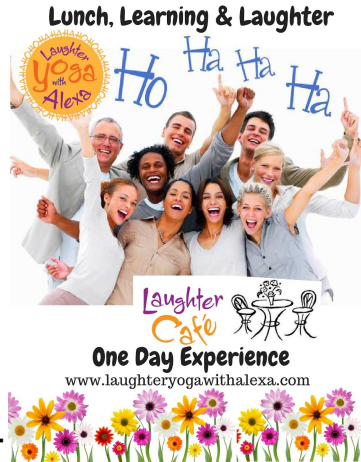
What should I wear/bring?

- + RN_PVZ S_aNOYR' Y \ \ R'SaaV T' P\ aUV T ž \ Z S_aNOYR \ baQ \ \ _' U\R' 'N[Q' U\ b' R' \ U\R' \ a\ d RN_V ['aUR'NbTUaR' \ abOX ž
- - \ TN'Z Na\ _'NOYN[XRa°VS] _RSR_RQ'S_ 'S[NY_RYNéNaX [» j N'_RSYMNOR'd NaR'_O\aaR ž
- ' V [RQžNOWaf ' & RYRN R / \ _Z 'N[Q' ° MN [PR \ S \$ N_aPV] NaX [/ RR ž

(UN [X f \ b 'S_d N [a [T' a\ Z NXR'aUV 'd \ _YO' NORaaR_] YNPR'aU_\bTU'NbTUaR_]

'E\X\X'S_d N_Q'a\ 'NbTU' T'd V\U f\ b j ''

° YReV



fnCRaURTva\šZNBtUaR!

Additional Learning Opportunities:

Refresher Day for CLY Leaders

° T\Q'd Nf 'S\žNBtUaR_žRNQR_`d U\`N_RV aR_R' aRQV[_RS_R' UV T'aURV` XYW N[Q'd U\` d RY\Z R'aUR\] _ab[Vaf `a\` UN_R`YnbTU`N[Q'YRN_] d V\U`N[Rd `Ob[PU`S] R\] YRš

žb[PU`V P\BORQš

Friends and Family

' Nab_ONF # [Yf ; ť ŪŌŌŌ`" \aU'ONF` ť ŌŌŌŌŌ`

° ` [Rd žNBtUaR_- \TNžRNQR_` f\`b_` bPPR` `QR] R[Q` \ [f\`b_P\Z Z V\Z R[a`a\ f\`b_`YnbTUaR_] _NPa\PRš

Ł[cV\Rf\`b_`S\Z Vf ;] N_a[R_j`] \b`R`_OR` aS\VR[Q`a\`WV[f\`b_`S_`N\ [RYONF `a_NM V T`a\`ORaaR_ b[QR_` aN[Q'd UNažNBtUaR_- \TNV` NYNO\baš(URF `d WYRN_ [NO\ba'aUR'UV a\`f`N[Q'OR[RSá ` \SYnbTUaR_`d RY[R` `N[Q] N_a\PM] NaR`V_ `aURžNBtUaR_` R` `W[` š

- \b_`YnbTUaR_`ObQQf `d WY'aUR[`OR`NOY`a\`URY] `b] _af\`b`N` N[Rd žNBtUaR_žRNQR_š(UV ` d WY[\a\` [Yf`R[UN[PR`f\`b_`RYNaX[`UV] `Oba`V`d WYTV\`Rf\`b`N`b] _a] R_` \ [`aUNa`d WYOR` YnbTU`V T`d V\U`f\`b_j`URY] V T`f\`b`a\` `] _RNO`aUR`YnbTUaR_š

- \b_`V[V\SPN[a\`aUR_`PN[`ORP\Z Rf\`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] YŠa ; j[R_TVgR` `N[Q` `a_R[TaUR[` _RYNaX[`UV] `š" _PR_a\SPNaX[š



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/phlqf-courtyard-philadelphia-springfield/> (10 mins. drive)
- Springfield, PA Days Inn, <http://www.daysspringfieldpa.com/>
- Hampton Inn, Media, PA <https://hamptoninn3.hilton.com/en/hotels/pennsylvania/hampton-inn-and-suites-philadelphia-media-PHLSPHX/index.html>
- Various other chain hotels at the Philadelphia Airport
15 mins. drive from training location (check Priceline for deals)



8:55 AM

8:55 AM ; <H9F`MC; 5`@589F`79FH= 75HCB`
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8:55 AM

8:55 AM (Breakfast Room) Completion of registration forms, introductions, tea & snacks.

8:55 AM (Parlor) Viewing of documentary film & press clips, powerpoint

8:55 AM (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.

8:55 AM!&' \$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)

8:55 AM!&' \$DA` 5 Points of Laughter Yoga & 3 Reasons Why- Interviews

8:55 AM!&' \$DA` Lunch Break , Laughter Food Blessing`

8:55 AM!&' \$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

8:55 AM!&' \$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?

8:55 AM!&' \$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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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 fYZf'I b]j YfgU]ghil b]Hf]Ub'7\ i fW ž%() 'K "FcgYHfYY'FX'ž
A YX]UžD5 '% \$*' ' '

&\$\$!' .\$\$'DA Di V]W@J [\ Hf'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 [\ Hf'8]gW gg]cb'
(. \$\$!(. ' \$'DA '@J [\ Hf'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 and persons attending is subject to change at the discretion of the teacher.

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

