

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

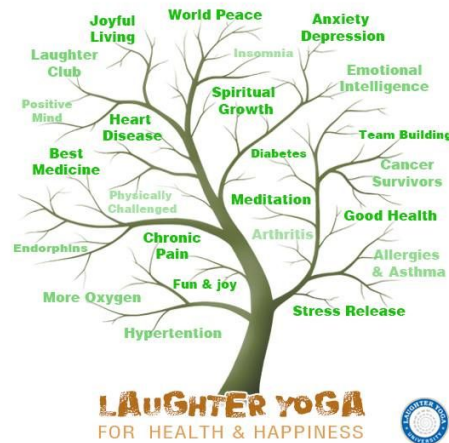
**WONDERFUL WINTER
LAUGHTER**

SAT. & SUN. February 23 & 24, 2019
MEDIA, PA. (PHILADELPHIA AREA)
a 2-Day
Laughter & Learning Experience
that promises to leave you feeling inspired and uplifted

**16 CEU Credits
for PA-
Social Workers
and Activity
Directors**

Laughter Yoga Teacher Alexa Fong Drubay
215 478 5669
alex@laughteryogawithalexa.com
www.laughteryogawithalexa.com/testimonials
BRIGHTEN, LIGHTEN & STRENGTHEN WITH LAUGHTER

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What is Laughter Yoga? Laughter Yoga is a unique exercise program developed by a medical doctor in India 24 years ago, to combat stress and to promote health and well being.

Laughter Yoga combines laughter exercise, breathwork and mindfulness meditation. It is easy to do and offers so many benefits for body, mind and spirit. The breathing and laughter help to introduce more oxygen to our heart and brain. When practitioners breathe deeply and engage the diaphragm, it helps to expand the arteries.

Fifteen minutes of Laughter Yoga help to reduce cortisol (stress hormone) levels, regulates blood pressure, boosts endorphins (strengthens the immune system), increases oxytocin (feelings of empathy, compassion and feeling loved) and serotonin levels (mood and motivation).

Laughter Yoga has been around for 24 years and is the creation of Indian cardiologist Dr. Madan Kataria, who at the time was a very stressed-out doctor. He realized that he needed to laugh more and started up his first laughter club in 1995. Laughter Yoga has since spread to 108 countries and is being practiced at over 16000 laughter clubs.

Laughter Yoga is non-religious and non-political. Laughter Yoga for Happiness, Health & Peace.

Why train with Alexa?

ŁSf\bT\TYRžNbTUaR_- \TNj f\b'd WYS[Q'NYa\SV[S\Z NaX['N[Qf\b'd WY' RR'Z N[f'] R\] YR\ba'aUR_RQ\ V[T T_RNad _X'd VUžNbTUaR_- \TNđ \ U\ d ~ RYRPa" \Z R\ [R'a\ a_NM['d VU' "

ž\X'S_'N] R_\ ['d U\ 'UN' Re] R_VR[PR'd VU'Ya' \SOVSR_R[aT_\b] ` " " ~ **who runs a regular social Laughter Yoga club**đ/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_NM['f\b'Oba'**who will be there for you when you need follow-up guidance and mentoring**đ" RYRPa" \Z R\ [R'd U\ 'V' NPac'R'd VU'aURV_QNYf 'YnbTUaR_] _NPaPRj' d U\ ' TvcR' ONPX'a\ 'aURV_P\Z Z b[Vaf 'N[Q'd U\ 'YRNO' žNbTUaR_- \TN" R' 'V[' 'd VU'NYaf' R' \ST_\b] ' °S\Z 'XIQ' 'a\ \YOR_NobYa ; S\Z 'aUR'P_\] _NaR'd _YO'a\] _V\ [' 'N[Q'd VU' \aUR_] _VcNaR'N[Q"] RPNaf 'T_\b] ` »đ/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['aURžNbTUaR_- \TN'd _YOđ U\ \ R'a\ a_NM['d VU' " \Z R\ [R'd U\ « " af YRf\b'NOZ V_Rđ

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+ UNaRcR_f\b'PU\ \ R'a\ Q\ 'd VU'f\b_\ [Rd S\b[Q'X[\d YRQTRj'f\b_\ [Rd žNbTUaR_- \TN" XWY 'd WYTVcR'f\b'aUR] \d R_\ a\ RZ O_NPR'YSR V['N'Z _R] \ `VAcR'YUa'q'd VU' Z _R] YNF SbY[R' ` j'Wf j'R[aJb' W' Z j'RZ \aX[NYV[aRYWTR[PR'N[Q'd V O\Z đ" YReN'd \bYO' YcR'a\ 'YnbTU'd VU'f\b j'

16 CEU Credits

- **NAAPCC** °" NaX [NY° ``\PNaX [\S° PačVaf '\$_SR` `V[NY` : _RQR[aVM[T` R[aR_»
- **NCCAP** °" NaX [NY, R_aSPNaX [` \b[PYS_° PačVaf '\$_SR` `V[NY` »
- **NASW-PA** °" NaX [NY° ``\PNaX [\S' \PNY+ _XR_ ; \$R[[`fYcN[Vb`
- **NCTRC** - National Council for Therapeutic Recreation Certification



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/alexandra-bay>

Huffington Post:

http://www.huffingtonpost.com/entry/happily-ever-laughter-from-ha-ha-to-aha_us_59c1b829e4b0c3e70e7428cf?ncid=engmodushpmg00000003

As seen recently (June 2018) CBS News 3 Philly:

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

Meet your trainer:



Alexa Drubay V N'PR_a\$ROžNbTuaR_- \TN(RNPUR_° ž - (»N[Q' žNbTuaR_ " Z ON`NO\ _j'd U\ 'a_NM[ROV[' " N[TMX_Rj[QW'd VU'aUR'S_b[OR_\\$ žNbTuaR_- \TN[" _đ. NON[' Ž NaN_WNažNbTuaR_- \TN) [VcR_ Vaf đ

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žNbTuaR_- \TN) ' ° # _T' °S_b[QM' T' \Z Z VaRR! RZ OR_ »j' žNbTuaR_- \TN[aR_ [NaX [NY ° \$ _g\ [R! RZ OR_N[QžNbTuaR_ " Z ON`NO\ _»j' " (\N aZ N' aR_ ' [aR_ [NaX [NY° . . »j' " ° (fI_đ_T j' #] aVZ Va' YbO'! RZ OR_ \S & _R' (_RR! ROWN[\$' »j' \$N_V žR_ _O\ [' " YRb' ° bY[N_f " Vj YZ Nj' U\ [_ »j' \$' \$' ° \$R[[' fYcN[W' " \PNaX [\S' Pa'cVAr' " V_RPa__ j' / \b[OR_ \S' RNd N_R' _b[af ' YbO'QR/ _N[P\] U\ [R' N[Q'N! RZ OR_ \SaUR' d V' 'fIRYcRaP' \P'raf \S\$R[[' fYcN[Wđ

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What's covered in this 2-Day Training?

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f`b`aUR` XWY` f`b`[RRQ`a\ T\ `ba`aUR`_R`N[QF`

- ' aN`ab] `YRNO`NYNbTUaR`_PYbO`V[`f`b`_PVZ Z b[Vaf` N[Q`ORF` \ [Q`
- \$`_`cVORžNbTUaR_- \TN`d `X` U\] `°Na` PUA\Y j` \TN[VgNaX [`j`P_] _NaX [`»`
- žRNOžNbTUaR_- \TN`] _R` R[aNaX [` `
-) `R`žNbTUaR_- \TN`a\ `UR[] `aUR`_ `V[`PY[VPM\`_`aUR`_] _\SR` `W[NY` Raa` T` ` ÖA [YÖj` V[`Z NYR`_T`_b] ` N[Q`a\TRaRO`NbOVR[PR` ð
- - `b`d` WYRN [`ÚÖé`ReR`_PV`R` N[Q`d` WYOR`R[P\`b`_NTRO`a\`Re] R`_VZ` R[a` `UN`_R`
`a\`_R` j` VZ`] _`cV`R`N[Q`OV`P\`c`R`_f`b`_V[[R`_PUVQj`
- **And we will laugh, laugh, laugh! Ho ho ha ha ha, very good, very good, yay!**

You will receive:

- ° [`SSP`NY`_ R`_a`SRQžNbTUaR_- \TN`ž`RNOR`_PR`_a`SPNaR`S`_`Z` `(URžNbTUaR_- \TN`
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- 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` \SžNbTUaR_- \TN] _\SR` `W[NY` aU`_b`TU`ba`
aUR`d` _YO`»
-] _NPaPNYžNbTUaR_- \TN`_ YbO`Re] R`_VR[PR`
- x`žNbTUaR_- \TNR`" \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

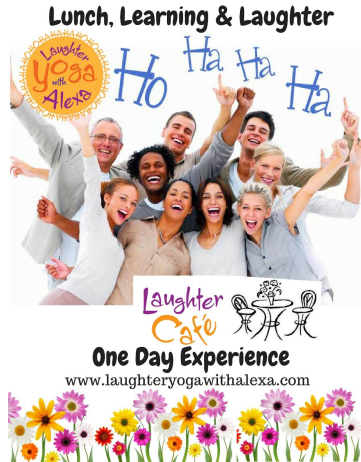
What should I wear/bring?

- + RN`_PVZ S`_aNOYRj`Y` \ `R`SaaV` T`PY`aUV` T`đ` \Z S`_aNOYR`_baQ\`_` U`R` N[Q`U`b` `R`
`U`R` `a`d` RN`_V[`aUR`_NbTUaR`_` abOX` ð
- - \TN`Z` Na` \ `N`OYN [XRa`°V S] _RSR`_RO`S`_S [NY`_RY`eNaX [» j` N`_RSY`MNOYR`d` NaR`_O\`aaR`ð
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É`X`X`S`_d` N`_Q`a\`NbTU`V` T`d` V`U`f`b`j`" `

° YReV`



fivc'auRTV&a\SzNbTUaR,'

Additional Learning Opportunities:

Refresher Day for CLY Leaders Nab_ONF # [Yf; î UÖÖÖ' " \aU'ONF' 'î ÖÖÖÖÖ'

° T\Q'd Nf 'S\žNbTUaR_žRNQR_` d U\`N_RV` aR_R` aRQV` _RS_R` UV` T`aURV` XY` 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\] YRđ

žb[PU`V] P\6OROđ

Friends and Family

' Nab_ONF # [Yf 'î p\ÖÖ'

° ` [Rd žNbTUaR_- \TNžRNQR_` f\`b_` bPPR` `QR] R[Q` \ [f\`b_P\Z Z V\Z R[a`a\ f\`b_`YNbTUaR_`] _NPa\PRđ

Ł[cV\`f\`b_`S\Z V\`f;] N_a[R_`] \`b` R`_OR` aS\VR[Q`a\`WV` f\`b`S\`N\ [R\ONF` a_NM` V] T`a\`ORaaR_` b[QR_` aN[Q`d UNažNbTUaR_- \TNV` NYNO\bađ(Urf`d WYRN_` NO\ba`aUR`UV` a\`f`N[Q`OR[RSá` \SYNbTUaR_`d RY[R` `N[Q] N_a\PM] NaR`V] `aUR`žNbTUaR_` R` `W[`đ

- \b_`YNbTUaR_`ObQOf`d WY`aUR[`OR`NOY`a\`URY] `b]] _af\`b`N` N[Rd žNbTUaR_žRNQR_đ(UV` d WY[\a`\ [Yf`R[UN[PR`f\`b_`R\NaX[`UV] `Oba`V`d WYTV`R`f\`b`N`b]] _a] R_` \ [`aUNa`d WYOR` YNbTU`V] T`d V\U`f\`b;`URY] V] T`f\`b`a\` `] _RNO`aUR`YNbTUaR_đ

- \b_`V[V\SPN[a\`aUR_`PN[`ORP\Z R`f\`b_`OMTR` a`PURR_`YRNOR_đ\$N_a[R_` d U\` YNbTU`a\`TRaUR_` N_RZ _R`N] a`a\` aNf`a\`TRaUR_đNbTUaR_- \TNURY] `a\`P_RNaRZ _R`RZ] NaUf;`V] _cR` P\Z Z b[V\NaX[;_RObPR`SRRY[T` \SOR] _R` `W[`N[Q`Y[RY[R` ;b] Y&ai ;R[R_TvGR` `N[Q` `a_R[TaUR[` _R\NaX[`UV] `đ" \`PR_a\SPNaX[đ



Need a place to stay?

Lodging information:

- The Inn at Swarthmore, <http://theinnatswat.com/> (10 mins. drive)
- Media, PA Airbnb, <https://www.airbnb.com/s/media--pa?source=hdr>
- Springfield, PA Marriott,
<http://www.marriott.com/hotels/travel/phlgf-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>
- Fairfield Inn, Broomall, PA (15 min. drive)
<https://www.marriott.com/hotels/travel/phlro-fairfield-inn-and-suites-philadelphia-broomall-newtown-square/>
- Various other chain hotels at the Philadelphia Airport
15 mins. drive from training location (check Priceline for deals)



2-DAY LAUGHTER YOGA LEADER CERTIFICATION TRAINING SCHEDULE

DAY 1

10:00 -10:15 AM (Breakfast Room) Completion of registration forms, introductions, tea & snacks.

10:15 AM (Parlor) Viewing of documentary film & press clips, powerpoint

11:00 -11:30 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.

11:30 AM- 12:30 PM

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)

12:30-1:00 PM 5 Points of Laughter Yoga & 3 Reasons Why- Interviews

1:00-2:00 PM Lunch Break , Laughter Food Blessing

2:00- 3:30 PM 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

3:30 pm- 4:30 PM 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?

4:30-5:00 pm 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.

Homework:3 in a row, GO GO GO!

TRAINING SCHEDULE

DAY 2

9:00 AM Tea/Coffee and Feedback from Day 1- how did you feel about yesterday?

9:15 AM Dr. Kataria -short video, video by Luis Gomez "Soy Libre" Laughter Yoga with Prisoners

9:30-10:30 AM Good Morning Laughter Yoga Session
Students co-lead session and demonstrate their exercises

10:30 AM From Laughter Club to Laughter Session.
Basic guidelines for organizing seminars, promoting and running Laughter Yoga sessions, media and publicity.

11:30 AM Meet and chat with Certified Laughter Teacher and Laughter Ambassador, Ernie Oktay

12 NOON-1:00 PM LUNCH Break

1:15 PM departure for Universalist Unitarian Church, 145 W. Rose Tree Rd., Media, PA 19063

2:00-3:00 PM Public Laughter Yoga session guided by Ernie Oktay and co-led by new Laughter Leaders. Affirmations yes!

3:15 PM drive back to the Laughter Studio

3:30-4:00 PM Tea & Snacks Laughter Discussion

4:00-4:30 PM Laughter Yoga and Business

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

4:30-5:00 PM Code of Conduct & Mission Statement. 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

