



**Join us for a Day of Laughter and Connection
in the Philly Area**

**EAST COAST LAUGHTER YOGA
25TH ANNIVERSARY
CELEBRATION 2020**

Sat. April 25, 2020 9 AM - 6 PM
Unitarian Universalist Church of Delaware County
145 W. Rose Tree Rd., Media, PA 19063



www.laughteryogausa.org

The image is a promotional flyer for the East Coast Laughter Yoga 25th Anniversary Celebration. It features a yellow background with a decorative border of blue and green stars and triangles. At the top center is a circular logo for 'LAUGHTER YOGA Celebrating 25th Anniversary 1995-2020'. Below the logo, the text reads: 'Join us for a Day of Laughter and Connection in the Philly Area', 'EAST COAST LAUGHTER YOGA 25TH ANNIVERSARY CELEBRATION 2020', 'Sat. April 25, 2020 9 AM - 6 PM', and 'Unitarian Universalist Church of Delaware County 145 W. Rose Tree Rd., Media, PA 19063'. In the center, there is a photograph of a group of six people lying on their backs, laughing heartily. To the left of the photo is a circular graphic with the text 'LAUGHTER YOGA USA' and 'HA HA HA' repeated in a spiral. At the bottom, the website 'www.laughteryogausa.org' is listed.

REGISTRATION PAPERWORK AND DETAILS

1. Cover Page, Table of Contents
2. Registration & Payment Form
3. Area Map, Logistics
4. Things to do in the Area
5. More things to do in the Area
6. Even more things to do
7. Lodging Information

REGISTRATION FORM
East Coast- 25th Years of Laughter Yoga Anniversary Celebration
Day of Laughter Yoga
April 25, 2020

Event Location: Unitarian Universalist Church of Delaware County
145 W. Rose Tree Rd., Media, PA 19063 (Philadelphia Area)

Name _____

Address _____

e mail _____

phone number _____

Payment Info:

Early Bird \$52.00 (by March 1) No. of tickets _____ Total \$ _____

Regular Priced Tickets \$ 62.00 No. of tickets _____ Total \$ _____

Payment options:

Paypal cc or debit Payment, <https://www.paypal.com/paypalme2/laughteryogawalexa>

and e mail this registration form to alexafd@gmail.com

or send a **check** to Alexa Drubay, 728 Hemlock Rd. Media, PA 19063

plus your registration paperwork. Got questions? Call Alexa at 215 478 5669

Are you a Laughter Yoga Professional? yes CLYL_____ CLYT _____ CMT_____ No

_____ Laughter Club Member? Y/N New to Laughter Yoga? _____

Seeking Helpers! Are you interested in volunteering?

I can help with set-up _____, cleaning up after the event_____

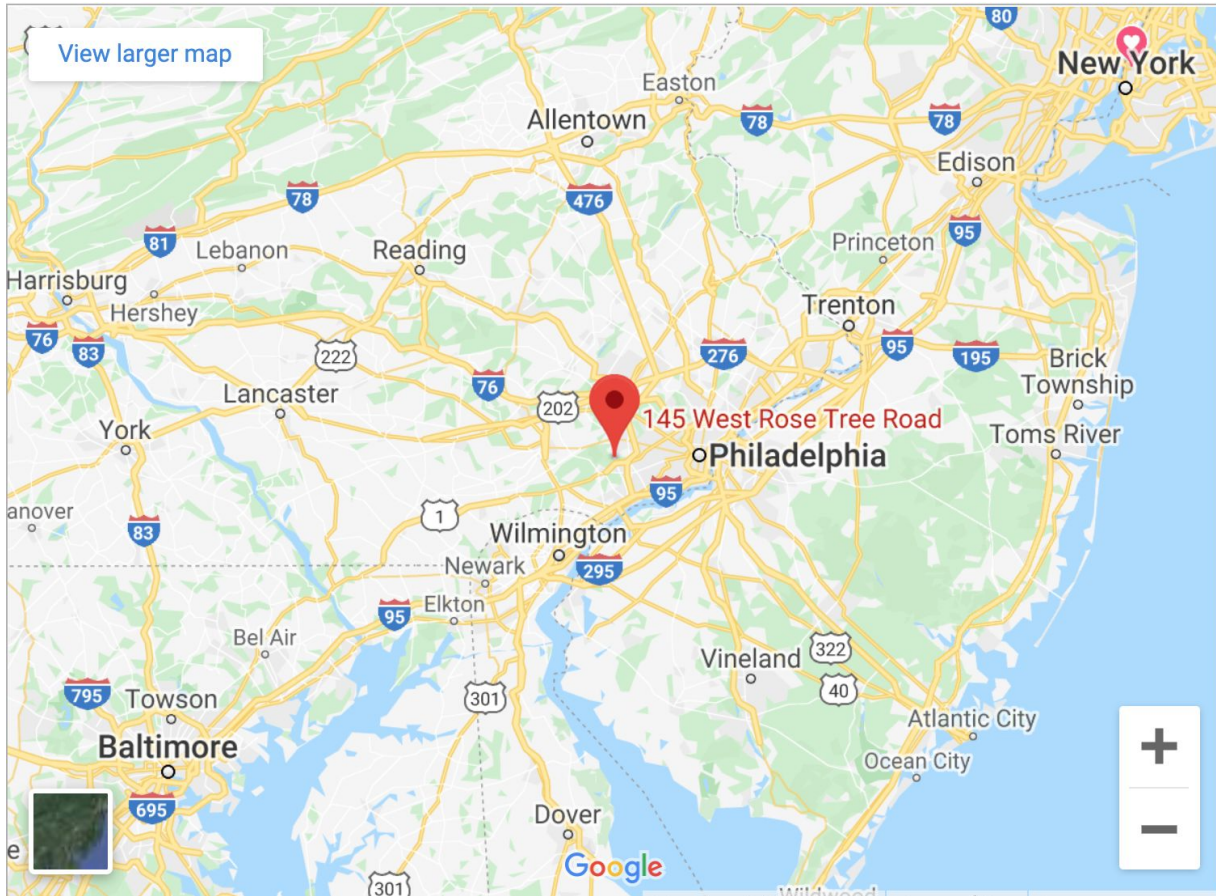
other _____

Laughter Boutique. Do you have anything you want to sell? (We take no commission, although if you want to donate 10% to LY USA, that would be appreciated.)

Share! Do you have any personal LY experiences you would like to share in the Forum?

We would love to hear from you! Please send us a message with your ideas.

Area Map



<https://goo.gl/maps/2DDNp8KLov7Y2CAt9>

Distance from Event Location

30 mins. from Center City Philadelphia

15 mins. Philadelphia Airport (PHL)

Amtrak- to Philadelphia 30th St. Station, take the Septa Train to Wallingford, PA or Media, PA

Make your trip a fun Get-Away! Arrive earlier to explore or stay longer to explore the many local and area sights!

THINGS TO DO, PLACES TO DISCOVER IN THE AREA



Media, PA <https://visitmediapa.com/>

First Fair Trade Town in the USA and the only small town with a trolley running down it's main street, called State Street. Plenty of shops, all types of restaurants, locally brewed beer, Deal's (oldtime) General Store and even a Trader Joe's!

Kennett Square, PA- Kennett Square is a borough in Chester County, Pennsylvania, United States. It is known as the Mushroom Capital of the World because mushroom farming in the region produces over a million pounds of mushrooms a year, totaling half of the United States mushroom crop.

Longwood Gardens

This is your opportunity to visit these magnificent gardens with a spectacular conservatory and more, which attract visitors from around the world. Enjoy a delicious cup of Cream of Mushroom Soup at their cafe. <https://longwoodgardens.org/>

Swarthmore College, Swarthmore, PA <https://www.swarthmore.edu/>

Since its founding in 1864, Swarthmore College has given students the knowledge, insight, skills, and experience to become leaders for the common good. Offering a liberal arts and engineering curriculum. Top #3 National Liberal Arts College. Explore this beautiful campus!



PHILADELPHIA - so many places! Here are a few stand-outs!

Welcome Center, Independence Hall & The Liberty Bell

Where US History began. Watch interesting historical films, visit Independence Hall (FREE timed tickets, get there early!) and check out the Liberty Bell.

<https://www.nps.gov/inde/planyourvisit/independencevisitorcenter.htm>

Philadelphia Museum of Art - an unforgettable collection of art, furniture, textiles, sculptures, tapestries, architecture, photography- modern & ancient.

<https://www.philamuseum.org/>

Rocky Statue at the Philadelphia Art Museum

<https://www.visitphilly.com/things-to-do/attractions/the-rocky-statue-and-the-rocky-steps/>

<https://www.rockystatue.com/the-statue>

The Barnes Museum- Philadelphia art collector Albert C. Barnes (1872–1951) chartered the Barnes Foundation in 1922 to teach people from **all walks of life** how to look at art. Over three decades, he **collected** some of the world’s most important impressionist, post-impressionist, and modern paintings, including works by Renoir, Cézanne, Matisse, and Picasso. He displayed them alongside African masks, native American jewelry, Greek antiquities, and decorative metalwork. Dr. Barnes believed passionately that art—like people—should not be segregated.

(Recommended to purchase tickets well in advance!)

<https://www.barnesfoundation.org/>

PLACES OF WHIMSY AND PLAY

Philly Magic Gardens. A mosaic garden like you've never seen before! Philadelphia's Magic Gardens (PMG) is an immersive mixed media art environment that is completely covered with mosaics. The creator, Isaiah Zagar, used handmade tiles, bottles, bicycle wheels, mirror, and international folk art to chronicle his life and influences. The space is made up of two indoor galleries and a bi-level outdoor sculpture garden.

<https://www.phillymagicgardens.org/>

Please Touch Museum

Play away and feel like a child again! A huge playspace for young and old in a fantastic building.

<https://www.pleasetouchmuseum.org/>

FOOD

Reading Terminal- food stalls galore!

Philadelphia Chinatown

Philly Cheese Steaks

Fantastic views of Philadelphia

Belleville Hotel, 19th floor- Drinks or Dinner in Philly with a spectacular view.

<https://www.hyatt.com/en-US/hotel/pennsylvania/the-bellevue-hotel/phlph/dining>

Comcast Center's Sky High,

<https://comcastcentercampus.com/dine/jg-skyhigh/>



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/phlqf-courtyard-philadelphia-springfield/>
(10 mins. drive)
- Springfield, PA Days Inn, <http://www.daysspringfieldpa.com/>
- Hampton Inn, Media, PA (brand new, good location!)
<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/>
- Alpenhof Bed & Breakfast, (charming!)
<https://www.alpenhofbedandbreakfast.com/>

Various other chain hotels at the Philadelphia Airport
15 mins. drive from training location (check Priceline for deals)