

5 Day Certified Laughter Yoga Teacher Training (CLYT)

Laughter Yoga has spread rapidly across the globe because it is impacting people's lives and bringing them many benefits in a short period of time. It has now become a part of mainstream yoga, and more and more people want to learn and practice this method. They are looking at becoming trained Laughter Yoga professionals, and perhaps make a career out of it in the near future.

It is a powerful technique that actually delivers the benefits of laughter, and this is the reason that people are getting involved in Laughter Yoga. Over the past few years, there has been a huge demand for Laughter Yoga in various areas of application like social laughter clubs, companies and corporations, senior centers, schools and colleges, yoga studios, physically and mentally challenged institutions, and many others.



At present there are more than 15,000 Laughter Yoga leaders and 2000 teachers in more than 100 countries. Since Laughter Yoga is a unique concept, it is imperative that a person, wanting to become a laughter

teacher, undergoes comprehensive training that will provide him with in-depth knowledge of the concept, as well as equip him with skills to lead laughter sessions for different groups of people.

Laughter Yoga Teacher Training

Objectives Of The Training

- The first objective is to get more laughter into your own life because you cannot teach anything that you don't have. There is an old Chinese proverb: 'You start teaching other people what you don't have.' Therefore, the best way to bring more laughter into your life is to become a Laughter Yoga teacher.
- Secondly, as a teacher you must acquire knowledge and skills to teach, train and coach others as laughter leaders.
- Finally, in order to laugh without any reason everyday you must learn how to laugh all by yourself by doing five breathing and five laughter exercises which will enable you to maintain your physical, mental, emotional and spiritual wellbeing.

How You Will Benefit From This Training

You Will Know Laughter- You will get in depth knowledge about laughter and Laughter Yoga wisdom - how and why it works as well as the immeasurable benefits it provides for body-mind wellness.

You Will Learn To Do Laughter- Knowledge alone is not enough. You have to actually do laughter to experience the benefits. Laughter Yoga methods will give you guidelines and practical skills to do laughter in a group and once your body gets the intelligence of laughing without a reason, you can even laugh all by yourself anytime, anywhere.

You Will Learn To Live Laughter- Laughter is not just about learning and doing Laughter Yoga - it is about living it. If you are happy, but people around you are not happy, they will not allow you to stay happy for a long time. Therefore, it is imperative to bring happiness to others in order to find yourself happy. With our experience with Laughter Yoga worldwide, we found that once people start laughing on a regular basis, it automatically brings attitudinal changes in their behavior – They become more loving, caring and forgiving. Not only do they laugh in the laughter session; they carry the spirit of laughter throughout the day. So, don't you think it's time for you to do something and make a conscious effort to bring more laughter and joy into your life as well as that of others?

Laughter Yoga Teacher Training

You will learn:

- How to lead a group of people through simulated Laughter Yoga Techniques developed by Dr Kataria, and skills of converting this simulated laughter into real infectious and spontaneous laughter without using jokes, comedy or humor
- The powerful technique of Laughter Meditation, where you do not have to make any effort to laugh, and laughter flows like a fountain
- How to do Laughter Yoga all by yourself
- Organization skills & Leadership skills
- Marketing, advertising & PR skills
- Communication & training skills to train laughter leaders



After completing this training, you will be authorized to train Certified Laughter Yoga Leaders, start Laughter Clubs and add more laughter to your life. You will also be trained to conduct

Laughter Yoga seminars, workshops for corporates, companies, hospitals, schools, colleges & universities, old age homes, prisons, children with special needs etc.

Who Can Do This Course

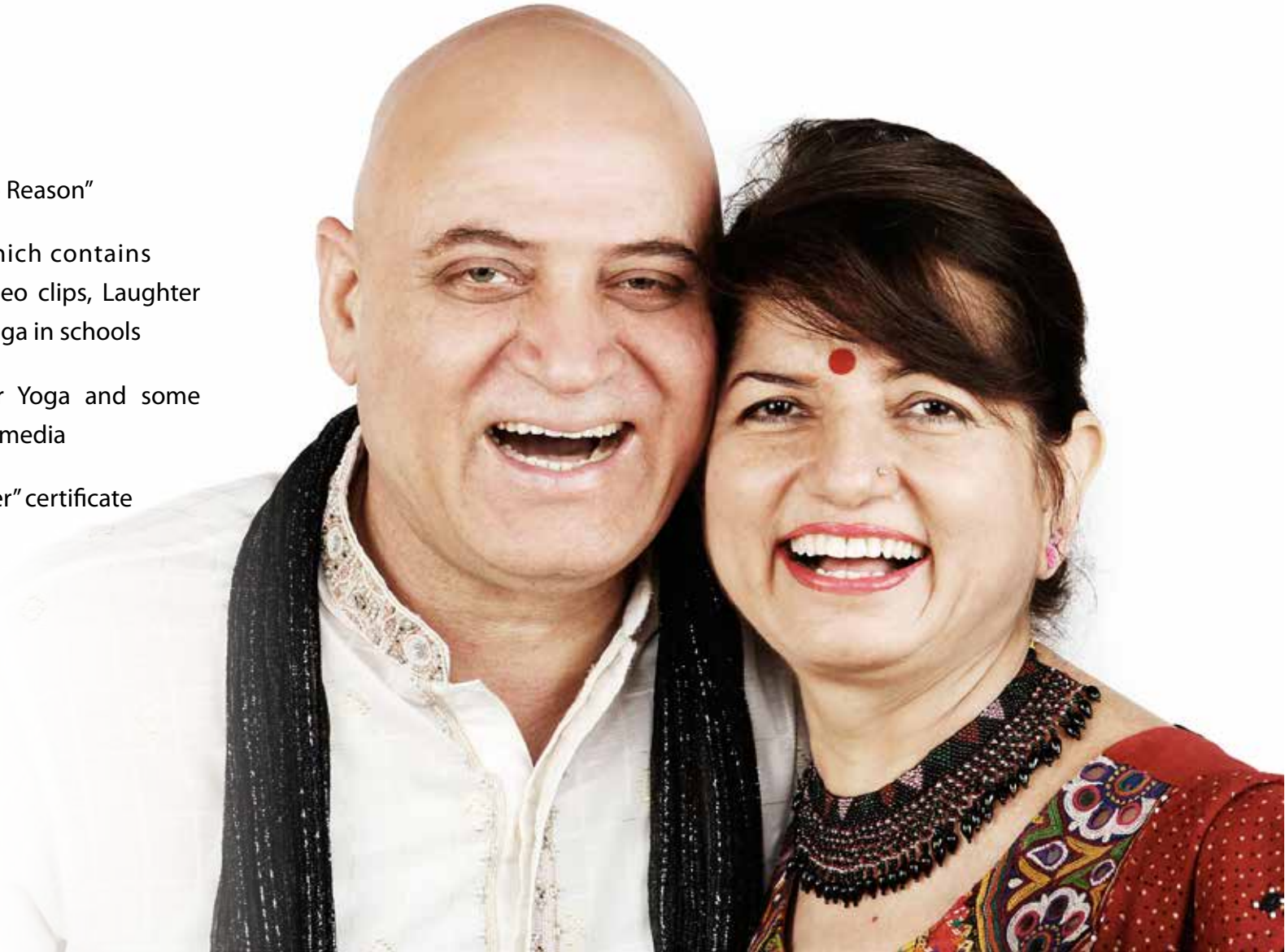
- » Alternative Therapist and Healers
- » Recreation Activity facilitators
- » Yoga fitness trainers and sports coaches
- » Occupational Therapists & Health care professionals
- » Psychologists and Psychotherapists
- » Nurses & Social Workers
- » Counselors & Healthcare workers
- » Professional Speakers
- » HR and management training professionals
- » School Teachers
- » Psychologists and psychiatrists
- » Entertainment professionals
- » Actors & Singers
- » Clowns and Comedians
- » Senior care workers
- » Marriage and family therapists
- » Life coaches and alternative therapists
- » Tourism professionals & tour guides
- » Anyone who wants to add laughter and joy to their life.



Laughter Yoga Teacher Training

What You Will Receive

- A Training Manual
- Dr Kataria's e-book "Laugh For No Reason"
- Resource Pack DVD and CD which contains International news coverage video clips, Laughter Yoga in business and Laughter Yoga in schools
- Scientific research on Laughter Yoga and some articles and photos for press and media
- A "Certified Laughter Yoga Teacher" certificate
- 1 year free access to Prozone (www.laughteryoga.org/prozone)



Program Schedule

This is a sample agenda and exact training may vary and will be at the discretion of the trainer.

DAY 1	
9.00 – 9.30 am	Registration, Logistics, Overview of the training
9.30 – 11.00 am	Introduction, Objectives of training, show videos. Complete Laughter session, LY Meditation, relaxation.
11.00 – 11.15 am	Tea/Coffee
11.15 am – 1.00 pm	5 Unique features of Laughter Yoga and selection of Buddies Practicing Basics. Student practice session. New Exercises.
1.00 – 2.30 pm	Lunch followed by Rest
2.30 – 4.00 pm	LY science of Breathing and Yoga Connection with LY. Revision of 40 foundation exercises Plus new exercises.
4.00 – 5.00 PM	Laughter Session with student practice followed by Yoga Nidra Relaxation. Guidelines for writing your Laughter story. Home work – write your Laughter story
5.00 – 5.30 pm	Drum Circle and music dance
7.00 – 8.00 pm	Dinner

DAY 2	
8.00 – 9.00 am	Breakfast
9.00 – 10.00 am	Laughing Alone & Laughter Meditation
10 – 10.30 am	Sharing your laughter story
10.30 – 11.00 am	Complete Laughter Session with New Exercises with student participation
11.00 – 11.15 am	Tea/Coffee
11.15 am – 1.00 pm	Laughter Yoga with school Children. Basic guidelines Benefits Video presentation Laughter exercises, singing, Brain Gym Exercises.
1.00 – 2.30 pm	Lunch followed by rest.
2.30 – 4.30 pm	Laughter Yoga with Seniors. Basic Guidelines Video Presentation Benefits
4.30 – 6.00 pm	New Exercises and Yoga Nidra relaxation. Followed by Gibberish Workshop Drum Circle
7.00 – 8.00 pm	Dinner

DAY 3

8.00 – 9.00 am	Breakfast
9.00 – 10.00 am	5 Breathing Exercises From Yoga
10.00 – 11.00 am	10 New Exercises Student Participation. Laughter Yoga in the Business World
11.00 – 11.15 am	Tea/Coffee
11.15 am – 12.00 pm	How to start a Laughter club; what works what doesn't; organizational, networking and operational skills followed by laughter session
12.00 – 1.00 pm	Creating New Exercises and presenting on different themes.
1.00 – 2.30 pm	Lunch followed by rest
2.30 – 4.30 pm	Yoga Nidra Instructions followed by Practicing Yoga Nidra instructions on buddies
5.00 – 6.30 pm	Open Practice session with introduction of new exercises from students. Movie - Laughology
7.00 – 8.00 pm	Dinner

DAY 4

8.00 – 9.00 am	Breakfast
9.00 – 10.00 am	What is meditation? how to meditate? followed by dynamic and still meditation.
10.00 – 11.00 am	Training skills - How to organize and run public seminars, basic learning course, 2 days leader trainings, Marketing, PR skills and presentation skills
11.00 – 11.15 am	Tea Break
11.15 am – 1.00 pm	Creating New Exercises in a Group and presentation in groups
1.00-- 2.30 pm	Lunch followed by rest
2.30 – 4.00 pm	Practice session followed by Q & A
4.00 – 5.30 pm	Laughter Yoga Special Needs, Promoting Laughter Yoga
7.00 – 8.00 pm	Dinner
8.30 – 10.30 pm	Talent / Fun night

DAY 5

8.00 – 9.00 am	Breakfast
9.00 – 10.00 am	Practice Laughing Alone and Breathing exercises
10.00 am – 1.00 pm	Practice session Prepare vision board for LY, Mock Media Interviews, Recap, Q & A, Graduation Ceremony & Group Photos
1.00– 2.00 pm	Lunch
2.00 pm -3.00 pm	Interviews Buddy gift Exchange
3.00 – 4.00 pm	Graduation ceremony and photos

Alexa Fong Drubay, Laughter Yoga Master Trainer (MT)

Alexa is a Laughter Yoga Master Trainer (MT) and Laughter Ambassador, who trained with the founder of Laughter Yoga, Dr. Madan Kataria at Laughter Yoga University, in Bangalore, India.

Alexa is one of the few, active US Laughter Yoga Master Trainers.

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 and also started up an active Laughter Yoga presence in Baltimore, Maryland.

Alexa presents customized Laughter Yoga Resilience and Well-being 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 U. Hospital, Penn State College, Girls Scouts of America, Rowan University, Swarthmore College etc.

She has also shared Laughter Yoga with combat vets, cancer patients, diabetes prevention groups, prisoners,



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the blind & visually impaired and with recovery groups. (Path of Freedom /Mindfulness -Based Emotional Intelligence Training).

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

She is CE approved through:

- NAAPCC (National Association of Activity Professionals Credentialing Center)
- NCCAP (National Certification Council for Activity Professionals)
- NASW-PA (National Association of Social Workers, Pennsylvania)
- NCTRC - National Council for Therapeutic Recreation Certification
- ACTS.org Community

Alexa received the honorary title of Laughter Yoga Ambassador through Laughter Yoga International. Her mission is to spread this laughter exercise wherever she goes, to help others stay strong through laughter and to counteract the 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, leaving practitioners feeling liberated, uplifted and energized.

Education : Master Trainer diploma (2019) and Certified Laughter Yoga Teacher diploma from Laughter Yoga University, Bangalore, India 2014, St. Gallen Restaurant Management Degree, Le Cordon Bleu, Paris, 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 (founding Committee Member), Laughter Yoga International (Prozone Member and Laughter Ambassador), Toastmasters International (CC), Optimist Club (Member of Rose Tree Media, PA), Paris Le Cordon Bleu (Culinary Diploma, honors), PAPA (Pennsylvania Association of Activities Directors, Founder of Delaware County Club de Francophones and a Member of the Swiss Helvetic Society of Pennsylvania.

Organizer of: Philadelphia Area World Laughter Day Celebrations 2015-2019 . Regional Event- Mid-Atlantic USA 2018 Laughter Yoga Exchange/Playshop, Laughter Yoga USA. org Annual Conference (2017, 2018, 2019)



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