

REGISTRATION PAPERWORK AND DETAILS

ONLINE

CERTIFIED LAUGHTER YOGA LEADER (CLYL) TRAINING WITH ALEXA FONG DRUBAY

Stress Management through Laughter- Laughter for HEALTH Reasons
PA Social Workers Earn 16 CEUS!



**Certified
Laughter Yoga Leader
zoom Online Training
Nov. 6, 7 & 20, 2020**



**TIMES: 12 NOON-5:00 PM EST
3 TRAINING DAYS :
PART A- Fri. Nov. 6. PART B- SAT. Nov.7
PART C- Fri Nov.20**

Learn important self care tips and laughter skills
for personal and professional empowerment



www.laughteryogawithalexa.com
215 478 5669
Cost: \$425 (includes all materials)



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REGISTRATION FORM

Online Certified Laughter Yoga Leader Training with Alexa

Date: _____

(PLEASE PRINT YOUR NAME EXACTLY AS YOU WOULD LIKE IT WRITTEN ON YOUR CERTIFICATE)

NAME _____

ADDRESS

E MAIL _____

PHONE (_____) _____

Emergency Contact: _____

Hours of training : 3 Days/5 hours each

INVESTMENT/ENROLLMENT FEE: \$425.00

Non-refundable, payment due before begin of course

Payment Options:

Paypal add 3% (\$437.75) <https://www.paypal.me/laughteryogawalex>

Venmo (no additional fees) send to Alexa Drubay, cash app

Reasons why I am interested in becoming a Laughter Yoga Leader:

Seeking CEU credits for _____

Please attach your bio in one paragraph: (if extra space needed, please attach a separate piece of paper or write on back)

Online Certified Laughter Yoga Leader (CLYL) Training with Laughter Yoga with Alexa, LLC

Date: _____

Laughter Yoga Information & Liability and Photo Release

Laughter yoga is a fun and healthy exercise regime with beneficial effects for the body, mind and emotions. Like any form of aerobic exercise, it should not be practiced by people with medical problems without first seeking advice from their medical practitioner.

Laughter Yoga should not be considered as a substitute for proper medical consultation for physical, mental and psychological illnesses.

It may not be suitable for everyone. Laughing involves some physical strain and a rise in intra-abdominal pressure. It is contraindicated for people suffering from

- Advanced (bleeding) piles
- Any kind of hernia
- Any persistent cough
- Anything with acute symptoms
- Epilepsy, Heart Disease
- High blood pressure, Incontinence
- Major psychiatric disorders
- Severe backache
- Or having undergone surgery within the last 3 months

This list is for guidance only and is not meant to be exhaustive. If in doubt, first consult a trained medical professional for guidance. Anyone already undergoing physician-prescribed therapy should seek the advice of their doctor before reducing or stopping such treatment.

Please use your common sense. If during a session you feel sudden or new pain, please leave the session immediately, or advise the leader if you require assistance.

Please Read This Carefully:

I am participating in Laughter Yoga sessions requiring physical exertion that may be strenuous and may cause physical injury. I am fully aware of the risks and hazards involved.

I am physically fit and I have no medical condition that would prevent my full participation in Laughter Yoga sessions, or if I have any medical problems or conditions I have fully revealed these to the Laughter Yoga Teacher before each session.

I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the sessions, and knowingly, voluntarily and expressly waive any claim I may have against Alexa Fong Drubay, Laughter Yoga with Alexa, LLC , Dr. Kataria School of Laughter Yoga, Laughter Yoga International, their leaders, teachers, employees or assistants for injury or damages that I may sustain as a result of my participation. I agree that I, my heirs or legal representatives forever release waive, discharge and covenant not to sue for any injury or death caused by their negligence or other acts.

I understand that photographs/videos may be taken at the event, and I have no objection to their use on the club website, training and promotional purposes.

I have read the above release and waiver of liability and fully understand its contents.

I voluntarily agree to the terms and conditions stated above.

Printed Name _____

Signature _____

Date _____

What is Laughter Yoga?



Laughter Yoga is a unique exercise program which was developed in 1995 in India by physician Dr. Madan Kataria . He created these laughter exercises to combat stress and to promote health and well-being.

Laughter exercises are not based on jokes or comedy but rather on everyday situations. Everyone can benefit, as long as participants have a willingness to laugh and they follow the breathing techniques.

Laughter Yoga combines laughter exercises, breathwork and mindfulness meditation. It is easy to do and offers many benefits for body, mind and spirit. When

practitioners breathe deeply and engage the diaphragm, it expands the arteries. The breathing and laughter help to introduce more oxygen flow to our body, providing benefits to the heart and brain.

Benefits! Fifteen minutes of hearty Laughter Yoga helps 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 25 years now and since Dr. Kataria started up his first laughter club in a local Mumbai park, this movement has spread to 110 countries and to 20'000 laughter clubs. In addition, schools, hospitals, private recovery groups, the corporate world and older adult communities are offering Laughter Yoga programs.

Laughter Yoga is non-religious and non-political.

Laughter Yoga for Happiness, Health & Peace.

Why train with Alexa?

If you google Laughter Yoga, you will find a lot of information about this practice and you will see many people out there doing great work with Laughter Yoga. So how to 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 in-person training to become a certified Laughter Yoga Leader (CLYL) or this 3-DAY virtual workshop.

As a certified Laughter Yoga Master Trainer (CMT) , Alexa has risen to the highest level in Laughter Yoga. She has trained people from all across the US and Canada. Since 2014, she has led over 28 trainings and has certified over 180 students. Many have gone on to start up successful laughter clubs in their communities and are leading professional Laughter Yoga sessions, presentations and workshops. Some 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 Laughter Yoga in their work (social workers, teachers, medical professionals, motivational speakers, health coaches, hospice workers etc.)

Some have also gone on to the next level and have taken the 5-day Laughter Yoga Teacher certification training. Her training attracts professionals seeking to gain CEU credits, such as Pennsylvania social workers and national Recreational Therapists, Activity Directors, Yoga professionals and others.

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 help make that happen and looks forward to laughing with you!

16 CEU Credits

- **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
- Yoga Alliance

Service/Contractor for Acts Retirement Communities



Video samples:

Alexa- Laughter Yoga with Older Adults

Interview with Philadelphia Icon, 95 yr-old Suzanne Roberts, host of the TV show *Seeking Solutions with Suzanne* <https://youtu.be/7XQyGRMQy9Q>

Alexa laughing with various groups: <https://youtu.be/T9-qpozSKS8>

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

Huffington Post:

http://www.huffingtonpost.com/entry/happily-ever-laughter-from-ha-ha-to-aha_us_59c1b829e4b0c3e70e7428cf?ncid=engmodushpimg00000003

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

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

Laughter Yoga Eased Alexa's Pain, article in Woman's World, May 2020

<https://www.pressreader.com/usa/womans-world/20200504/281672552074712>

Meet your trainer:



Alexa Drubay is a Laughter Yoga Master Trainer (CMT) and a 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, 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.

Alexa received the honorary title of Laughter Yoga Ambassador from 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 you 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 (Executive Director/founding Committee Member & Lifetime 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 2015-2020 . Regional Event- Mid-Atlantic USA 2018 Laughter Yoga Exchange/Playshop, Laughter Yoga USA.org Annual Conference (2017, 2018,2020), Organizer for (Global Laughter Ambassadors Meet (GLAM) 2017, 2020

What's covered in this online Certified Laughter Yoga Leader (CLYL) Training?

Alexa will explain the history and the philosophy behind Laughter Yoga and teach you the basic skills you need to go out there and:

- Start up/lead a laughter club in your community and beyond
- Provide Laughter Yoga workshops (at schools, organizations, corporations)
- Lead Laughter Yoga presentations
- Use Laughter Yoga to help others in clinical or other professional settings 1-on-1, in smaller groups and targeted audiences.
- You will learn 50+ exercises and will be encouraged to experiment, share stories, improvise and discover your inner child!
- **And we will laugh, laugh, laugh! Ho ho ha ha ha, very good, very good, yay!**

You will receive:

- An official Certified Laughter Yoga Leader certificate from Laughter Yoga International University, Bangalore, India
- a pdf e version of the 2019 Certified Laughter Yoga Leader Manual
- 6 months FREE access to www.laughteryoga.org PROZONE (a wealth of professional resources and network of Laughter Yoga professionals throughout the world)
- practical, online Laughter Yoga Club experience
- 2 Laughter Yoga e Books, courtesy of Dr. Kataria.
- One hour of complimentary One-on One, online **Mentoring with Alexa**

Where will this program take place? Online. In the comfort of your own home.

What should I wear?

Wear comfortable, loose fitting clothing.

Bring a bottle of water to your session. Laughter makes thirsty :)

Thank you for wanting to make this world a better place through laughter!

TRAINING SCHEDULE

Consisting of three days, 5 hours per day. via Zoom or similar online platform.

PART A (Day 1/ 5 hours)

- A1 - Powerpoint Intro- History, Benefits and Applications of LY (1hr 15 mins)
 - A2- Laughter Yoga session (1 hr)
 - A3 - follow up discussion testimonials, 40 foundation exercises, 5pts/3 reasons (1hr)
 - A4- Difference between a laughter club and a LY session, how to start up a club (1hr)
-

Day 2/ 5hrs

- B1- Discussion/Exercises Laughter Yoga with children (1 hr)
- B2- Discussion/Exercises Laughter Yoga with older adults and with groups in recovery (1hr)
- B3- Laughter Yoga with Older Adults (1hr)
- B4- How does in person laughter differ from online laughter, what works, what doesn't? (1hr)
- B5- homework and independent projects,, completion of Part A (1hr)

two week at home homework, practical in-person Laughter Yoga with family, friends and social circles, Zoom Laughter Yoga sessions with contacts. Practical exercises, 5.pts/3 reasons, 40 foundation exercises, viewing of videos, research, attending other zoom sessions, collection of testimonials from participants.

PART C (Last, 3rd Day/5 hours)

- C1 Laughter Check in, Homework project, Laughter with others, videos, testimonials (1hr)
- C2 Discussion:LY in post Coronavirus times, changing and developing new LY opportunities (1.5 hrs) full laughter session
- C3 Zoom : Laughter with the corporate world (1hr)
- C4 The Business side of Laughter Yoga, branding and marketing (1hr)
- C5 Graduation, Mission Statement, Welcome new Certified Laughter Yoga Leaders!

The above agenda is an example of what is included in this training and follows the philosophies, principles, guidelines and training created by Dr. Madan Kataria of Laughter Yoga International. The trainer reserves the right to adjust the schedule/content.

Please Print this out and learn this by heart

WHAT IS LAUGHTER YOGA- 5 POINTS

1. **Laughter Yoga is a unique concept where anyone can laugh for HEALTH REASONS, without relying on jokes, comedy or even a sense of humor.**
2. **We initiate laughter** as an exercise in a group and **with eye contact** and childlike playfulness. It soon turns into real and contagious laughter.
3. **The reason why** we call it Laughter Yoga is because it combines **laughter exercises with yogic deep breathing**. This brings more oxygen to the body and the brain, which makes one feel more energetic and healthy.
4. **Scientific studies** show that the **body cannot differentiate between real and voluntary laughter** if done with willingness. One gets the same health benefits, whether laughter is real or simulated.
5. **It was started** by a medical doctor, **Dr. Madan Kataria** from India, with just five people in a Mumbai park in **1995**. There are **thousands of laughter clubs in more than one hundred countries**.

WHY LAUGHTER YOGA- 3 REASONS

Many people ask why they should force themselves to laugh and what's wrong with just practicing natural laughter by responding to jokes, comedy and watching funny movies.

Here are three reasons why one must do Laughter Yoga to get maximum health benefits:

1. **Laughter should be sustained:** In order to get the scientifically proven health benefits of laughter, we need to **laugh at least 10-15 minutes**. It should be sustained laughter. Natural laughter lasts for 3-4 seconds at a time. It is not sufficient to bring about physiological and psychological changes in our body. Since Laughter Yoga is done as an exercise, we can prolong our laughter as long as we want.
2. **Laughter should be deep:** To reap the health benefits of laughter, laughter has to be heart and deep, coming from the **diaphragm**. It should be a belly laugh. It might not be socially acceptable to laugh loudly and heartily without any social implication but you will learn new techniques.
3. **Laughter should be unconditional.** Natural laughter that courses through our life depends upon many reasons and conditions, but the fact is that there are not many reasons which make us laugh. This means we invariably leave laughter to chance. It may happen, it may not. In Laughter Yoga, we do not leave laughter to chance, but do it out of **commitment**. This is a guaranteed way of getting the health benefits of laughter.