

# REGISTRATION PAPERWORK AND DETAILS

## 2-DAY

### CERTIFIED LAUGHTER YOGA LEADER TRAINING

#### WITH ALEXA FONG DRUBAY

Spring into Laughter  
STRESS RELIEF

Laughter  
Yoga  
with  
Alexa

Certified  
Laughter Yoga Leader  
Training

ENERGIZE YOUR SPRING  
WITH LAUGHTER

SAT. & SUN. June 8 & 9, 2019  
MEDIA, PA. (PHILADELPHIA AREA)

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

16 CEU credits  
Approved by  
NAAPCC  
NCCAP  
NASW-PA  
NCTRC  
for PA- Social Workers  
and National Activity  
Directors & Recreational  
Therapists

Laughter Yoga Master Trainer (MT) Alexa Fong Drubay  
215 478 5669  
alexa@laughteryogawithalexa.com  
www.laughteryogawithalexa.com/testimonials

BRIGHTEN, LIGHTEN & STRENGTHEN WITH LAUGHTER

LAUGHTER YOGA  
USA

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# REGISTRATION FORM

2-DAY Certified Laughter Yoga Leader Training  
June 8 & 9, 2019

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

E MAIL \_\_\_\_\_

PHONE (\_\_\_\_\_) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Hours of training : Saturday 10:00 AM-6:00 PM & Sunday 9:00 AM-5:00 PM

INVESTMENT/ENROLLMENT FEE: \$360.00

Non-refundable **\$100.00 DEPOSIT by Friday, May 31, 2019**

**Registration is first come first serve and may close early.**

Balance of \$260.00 due on Friday, May 31, 2019

**Payment Options:** Please make checks payable to: Alexa Drubay

**Send deposit to :** Alexa Drubay, 728 Hemlock Rd, Media, PA 19063

Paypal add 3% (\$370.80) <https://www.paypal.me/laughteryogawalexa>

Venmo (no additional fees) send to Alexa Drubay

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

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I am a CLYL and would like to sign up for the \$60 Refresher Day \_\_\_\_\_

**! Important Information!** If you have any food allergies or other concerns, please list here: \_\_\_\_\_

# 2-DAY Certified Laughter Yoga Leader (CLYL) Training with Alexa Drubay

## June 8 & 9, 2019

### 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 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 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 and for training purposes.**

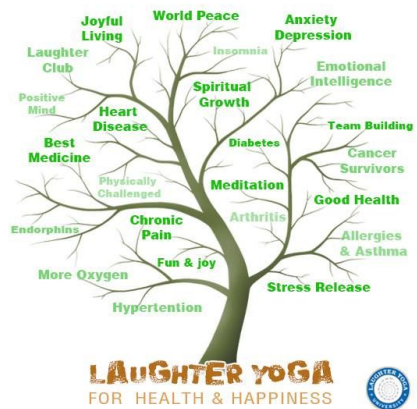
I have read the above release and waiver of liability and fully understand its contents.

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. These exercises are easy to do and everyone can benefit, as long as participants have a willingness to laugh and you follow the breathing techniques.

Laughter Yoga combines laughter exercise, 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.

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 24 years now and since Dr. Kataria started up his first laughter club in a local Mumbai park, this movement has spread to 108 countries and to 16'000 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 and you will see many people out there doing great work with Laughter Yoga. So how 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 training to become a certified Laughter Yoga Leader (CLYL).

As a Laughter Yoga Master Trainer, 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 22 trainings and has certified over 150 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 the Laughter Yoga in their work (social workers, teachers, medical professionals, motivational speakers, health coaches, etc.)

Some have also gone on to the next level and have taken the 5-day Laughter Yoga Teacher certification training.

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

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/alexadrubay>

Huffington Post:

[http://www.huffingtonpost.com/entry/happily-ever-laughter-from-ha-ha-to-aha\\_us\\_59c1b829e4b0c3e70e7428cf?ncid=engmodushpmg00000003](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** is a Laughter Yoga Master Trainer (MT) and Laughter Ambassador, who trained with the founder of Laughter Yoga, 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 (founding Committee Member & Lifetime Member), Laughter Yoga International (Prozone Member and Laughter Ambassador), Toastmasters International (CC), AATH.org , 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)

## What's covered in this 2-Day 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
- a printed version of the 2019 Certified Laughter Yoga Leader Manual
- 6 months FREE access to [www.laughteryoga.org](http://www.laughteryoga.org) PROZONE (a wealth of professional resources and network of Laughter Yoga professionals throughout the world)
- practical Laughter Yoga Club experience
- 2 Laughter Yoga e Books, courtesy of Dr. Kataria
- A healthy lunch and snacks, included on both training days.
- One hour of complimentary One-on One Mentoring with Alexa (in person if local, by phone or skype)

### Where will this take place?

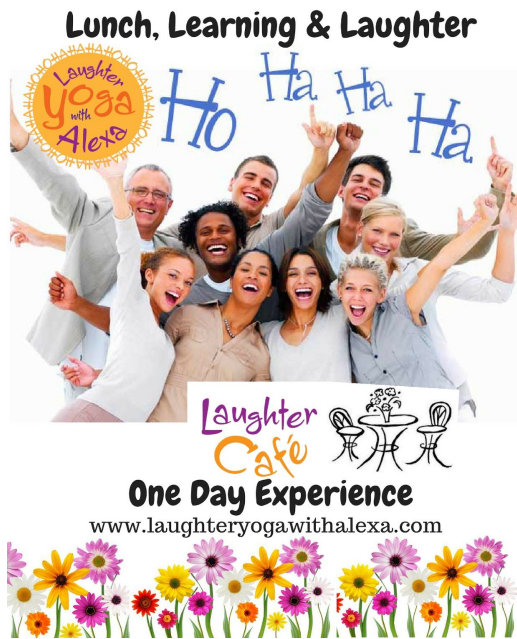
Alexa's Laughter Studio, 728 Hemlock Rd. , Media, PA 19063

### What should I wear/bring?

- Wear comfortable, loose fitting clothing. Comfortable outdoor shoes and house shoes to wear in the laughter studio.
- Yoga mat or a blanket (if preferred for final relaxation) , a refillable water bottle.
- Signed Liability Release Form and Balance of Participation Fee.

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





*Give the gift of Laughter!*

## Additional Learning Opportunities

No Certification, No CEU credits

### Refresher Day for Certified Laughter Yoga Leaders (CLYL)

**Saturday Only, \$60.00**

**Both days \$100.00**

A good way for Laughter Leaders who are interested in refreshing their skills and who welcome the opportunity to share/laugh and learn with a new bunch of people. Lunch & updated printed manual included.

### Friends and Family Basic Learning Course

**Saturday Only \$99.00**



**It's all about THE EXPERIENCE!**

As new Laughter Yoga Leaders your success depends on your commitment to your laughter practice.

Invite your family, partner, spouse or best friend to join you for a one-day training to better understand what Laughter Yoga is all about. They will learn about the history and benefits of laughter wellness and participate in the Laughter sessions.

Your laughter buddy will then be able to help support you as a new Laughter Leader. This will not only enhance your relationship but it will give you a support person that will be laughing with you, helping you to spread the laughter.

Your significant other can become your biggest cheerleader. Partners who laugh together are more apt to stay together. Laughter Yoga helps to create more empathy, improves communication, reduces feelings of depression and loneliness, uplifts, energizes and strengthens relationships. Participants will receive: Basic Learning Course Book & lunch. No certification.



## 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, Laughter Discussions

**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** Tea & Snacks

**5:00-6:00 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, Laughter Cafe creator Ernie Oktay

12 NOON-1:00 PM LUNCH Break & Laughter Discussions

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! Invite your friends and family!

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 Certification and photos, Evaluation forms, Video testimonials

Schedule and persons attending are subject to change at the discretion of the teacher.

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

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.