## REGISTRATION PAPERWORK AND DETAILS

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# 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 _____

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**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

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Are you a Laughter Yoga Professional? yes CLYL_____ CLYT _____ CMT_____ No _____ Laughter Club Member? Y/N New to Laughter Yoga? _____

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**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.)

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**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.

**LAUGHTER YOGA USA**
728 Hemlock Rd, Media, PA 19063
www.laughteryogausa.org email: lyusaalexa@gmail.com
215 478 5669

## Liability/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
- Untreated High blood pressure
- Incontinence of urine
- 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.

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 leader before each session.

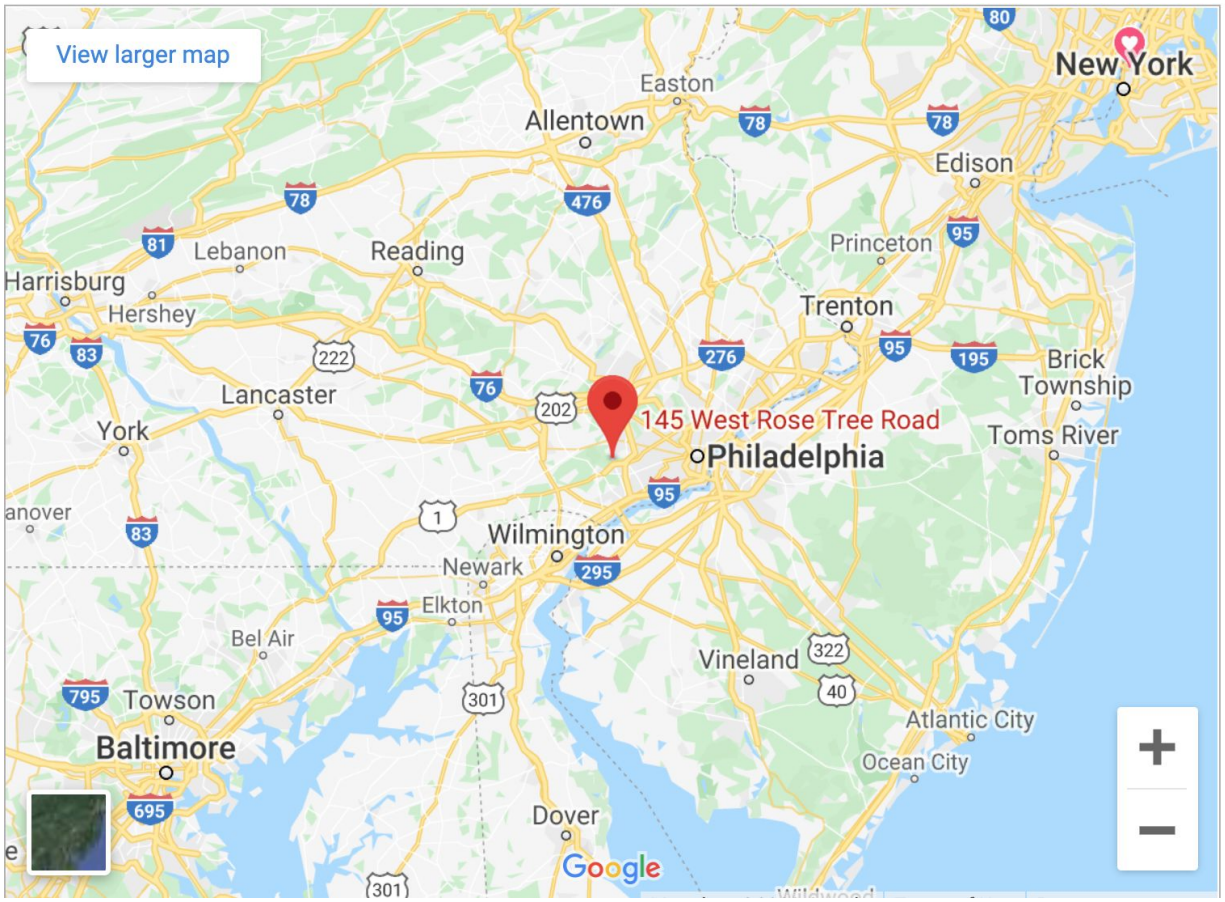
I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the sessions, and knowingly, voluntarily and expressly waive any claim I may have against the Unitarian Universalist Church of Delaware County, Dr. Kataria School of Laughter Yoga, Laughter Yoga International, Laughter Yoga with Alexa, 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 also grant permission for photos and videos** taken during all the Laughter Yoga activities, which may be used for promotions by the organizers for Laughter Yoga USA.org. 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 of adult: _____ Date____/_____/_____

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!

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**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/

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## 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/phlgf-courtyard-philadelphia-springfield/ (10 mins. drive)
- Springfield, PA Days Inn, http://www.dayssprингfieldpa.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)