

Alexa Fong Drubay
Laughter Yoga with Alexa, LLC
728 Hemlock Rd.
Media, PA 19063
www.laughteryogawithalexa.com
215 478 5669

- August 2014 Certified Laughter Yoga Teacher (CLYT), Laughter Yoga University, Bangalore, India.
- November 2015 Certificate, honorary title of *Laughter Yoga Ambassador* from Laughter Yoga University in Bangalore, India for Alexa's many Laughter Yoga activities, which include working with the following groups:
- 1) The start up of two weekly, **FREE laughter club meetings** in Media, PA., creating a safe and supportive environment for members of all ages and socio economic backgrounds to come together for an hour to de-stress and empower through laughter. There are 700 members in Alexa's meetup group.
 - 2) **Paid presentations and workshops: Laughter Wellness & Resilience** for special groups and in the corporate world.
 - 3) **Laughter Yoga Leader Certification Trainings** to groups and individuals who
 - A) seek more personal joy through laughter and who may also
 - B) start up a laughter club in their community or place of work
 - C) become a Laughter Leader as a career change or so they can add another modality to their work (Yoga teachers, counselors, therapists, social workers, activity directors and staff at senior centers, doctors, nurses, hypnotists, clowns, writers, journalists, private trainers, wellness coaches, motivational speakers and other individuals seeking personal growth.) Offering ongoing mentoring.
 - 5) **Organizer of Special Events:** Alexa continues to reach out to her community by organizing the *Philadelphia Area World Laughter Day*, which takes place every first Sunday in May and supports Happiness Week, Optimist Club and other special events.
 - 6) **Committee Member**, Non-Profit Organization, LaughterYogaUSA.Org.
- 2009-present Coordinator for Repatriation Group International (RGI), a NGO, focusing on the reduction of global corruption .
- 2005-2006 Instrumental in the creation of the International Centre for Asset Recovery in Basel, Switzerland.
- 2007 -2009 China specialist for Aperian Global, Amsterdam, Netherlands, conducting cultural trainings in the corporate world for clients such as Novartis, Campbells and Caterpillar.

- 1993-1995 Chef and Owner of Cafe Drubay, The Village of Cross Keys, Baltimore, MD
- 1992 Graduate of Le Cordon Bleu, School of Classical French Cuisine, Honors (Mention tres bien)
- 1987 Restaurant Mgt. license from the State of St. Gallen, Switzerland.
- 1978-1882 B.A.Drama and Foreign Languages, Notre Dame of Maryland University, Baltimore, Maryland

Languages:

Alexa speaks 5 languages (English, German, Swiss-German, French and Mandarin Chinese), and has lived and traveled extensively throughout the US, Europe and China.

Memberships:

Laughter Yoga USA, Committee Member
Toastmasters International
Laughter Yoga International
AATH.org
Swiss Club of Delaware Valley
Rose Tree Media, PA Optimist Club
NAAP (National Association of Activities Professionals)

Leadership:

Committee Laughter Yoga USA.org
Founder of Laughter Yoga Club of Baltimore, Philadelphia and Media, PA (Philadelphia Areas)
Founder of Delco Francophones , French Conversation Group

Alexa is a busy mother of two teenage sons and a wife/assistant to a husband who combats global corruption. Alexa's strength lies in working with people. She enjoys new challenges and thinking on her feet. More importantly, she believes that every day is a gift and that laughter can bring us together and bring out the best to create a better world.

Accreditations:

NAAPCC (National Association of Activity Professionals Credentialing Center)
NCCAP (National Certification Council for Activity Professionals)

For additional information regarding Alexa's laughter Yoga activities, please visit:

<http://www.laughteryogawithalexa.com/testimonials>