

**ALEXA FONG DRUBAY CV**  
**Media, PA 19063 USA**  
[www.laughteryogawithalexa.com](http://www.laughteryogawithalexa.com)  
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**Cell 215 478 5669**

March 2019 Laughter Yoga Master Trainer (MT), 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 engagement, which include working with the following groups:

- 1) The start up of two weekly, FREE laughter club meetings in Media, PA., providing 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.
- 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 Yoga 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, teachers and other individuals seeking personal growth.)
- 4) 3) A, B and become a Certified Laughter Yoga Teacher (CLYT) Helping Laughter Yoga Leaders take it to the next level, becoming Laughter Teachers. This 5-DAY training will further introduce participants to going deeper with Laughter Yoga on a personal and professional level.
- 5) Offering ongoing mentoring and *Thriving with Laughter* consultations.
- 6) Organizer of Special Events: Alexa continues to reach out to her community by organizing
  - Philadelphia Area World Laughter Day, which takes place every first Sunday in May
  - supports Happiness Week, Optimist Club and other special events
  - Co-organizer of Laughter Yoga USA Conferences
  - Organizer of Regional Laughter Yoga Exchanges and Special Events
- 6) Founding member and Committee Member (Volunteer) of non-profit Organization, [LaughterYogaUSA.org](http://LaughterYogaUSA.org).

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10-5/2018-12/28/2018 Creator of a customized pilot program for female inmates at Chester County Prison, Breathwork.Stress Management And Resilience Training (B.SMART)

10-11/2018 Instructor/Lecturer at Delaware Tech Community College -4 week (8hr) night class, Laughter Yoga for Health and Happiness.

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

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**Languages and Travel:** 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  
Association for Applied Therapeutic Humor  
Rose Tree Media, PA Optimist Club  
NAAP (National Association of Activities Professionals)  
Alumni of Brandywine Writer's Circle  
Delaware County French Club  
Swiss Club of Delaware Valley, National Helvetic Society (NHS)

**Leadership:**

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

**Accreditations for Continuing Education Unit Credits:**

NAAPCC (National Association of Activity Professionals Credentialing Center)  
NCCAP ( National Certification Council for Activity Professionals)  
NASW-PA( National Association of Social Workers- Pennsylvania Chapter)  
NCTRC (National Council for Therapeutic Recreation Certification)

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

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

**Public Speaking**

Toastmasters International, Competent Communicator, member since 2014  
Master of Ceremony, Global Laughter Yoga Ambassadors Day, June 2017, Frankfurt, Germany  
Presenter at Laughter Yoga USA Conference 2017, Chicago, IL  
Presenter at Laughter Yoga USA Conference 2018, Orlando, FL  
Every Laughter Yoga session, workshop, training, presentation or class is an opportunity to present and to hone my skills as a public speaker.  
Numerous radio, television, tv and podcast interviews include (Town Talk, CBS News, Off the Charts, Suzanne Robert's Seeking Solutions with Suzanne)

**References**

- Jack Smith, CEO of Repatriation Group International, 215 478 4485, [jackdsmith@gmail.com](mailto:jackdsmith@gmail.com)
- Ernie Oktay, Reverend, Certified Laughter Yoga Teacher, 267 970 5696, [nefesoktay@aol.com](mailto:nefesoktay@aol.com)
- Ken Levy, lawyer, 973 714 0887, [ken.klevy@gmail.com](mailto:ken.klevy@gmail.com)
- Linda Hall, former student, Laughter Leader, writer & yoga teacher, [302-478-8784](tel:302-478-8784), [texterhall@comcast.net](mailto:texterhall@comcast.net)
- Linda Ruppert, client, DNP, CRNP, AACC, CHFN, Temple U. Hospital, Senior Director Advanced Practice Providers, Heart Failure Nurse Practitioner, 215 469-0535