

Laughter Yoga can help to :

- reduce fatigue
- cope better with stress
- strengthen social skills
- improve networking

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- foster communication
- promote positive body image
- build self confidence
- boost energy levels for projects



- Improve focus and concentration
- foster creative thinking
- solve problems
- Build empathy and compassion
- Improve teamwork
- Create more joyful individuals



Alexa Fong Drubay
is a certified Laughter
Yoga Teacher (CLYT)

and Laughter Ambassador, who trained in India with the founder of Laughter Yoga, cardiologist Dr. Madan Kataria. She leads two, weekly laughter clubs in her community outside of Philadelphia. Alexa presents Laughter Yoga Resilience and Wellness sessions and workshops to all types of groups from young students to older adults, to health care professionals (which include: social workers, nurses, doctors, therapists, counselors etc.), to the corporate world and to all manner of public and private groups. Alexa also works with combat vets, cancer patients and abuse victims. She offers regular certification trainings for Laughter Yoga Leaders and encourages others to share the laughter in their neighborhoods and to integrate the laughter skills into their work.

**Destressing and building
resilience through Laughter**

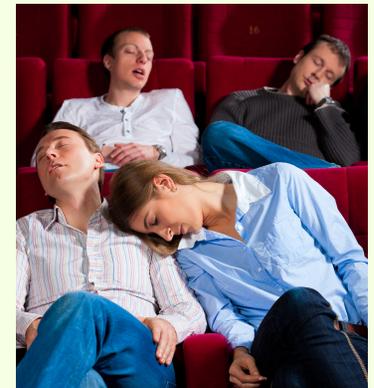
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Energize your Audience Laughter Yoga Blasts to engage your audience



**Encourage this: Laughter exercise
boosts concentration and mood**

Avoid this:



**Explore ways to breathe, move,
laugh and play that will improve
your health, happiness
and vitality.**

What's happens during a laughter session?

A typical session includes laughter, movement, singing, dancing, breathing exercises, playfulness and stillness. It will be an up-lifting, energizing and joyful experience, a great way to feel more creative, experimental and free.

When you laugh, you are in the present moment and you forget your problems. This laughter becomes a gift to yourself and an excellent way to connect with others and to learn how to process life's challenges in a more productive way.

Participants will learn more about the Laughter Yoga Global Movement for Well-being- Laughter Yoga for Health, Happiness and Peace.

A Powerful 3 Laughter Yoga is the combination of three parts:

- 1) Laughter exercises (not based on jokes or comedy) Why wait for something funny to happen?
- 2) Yogic Breathing exercises (pranayama) Your diaphragm is your best friend!
- 3) Mindfulness Meditation (Yoga Nidra) Grounding and stabilizing. No yoga poses.



Laughter boosts your endorphins
(feel good hormones)

and reduces cortisol levels (stress hormones)

Laughter Yoga History:

Cardiologist Dr. Madan Kataria started his first laughter club in 1995. Today, Laughter Yoga is being practiced in 108+ countries and at over 6000 laughter clubs.

Laughter Clubs are FREE,
non-political and non-religious.

**The Power of
LAUGHTER YOGA**

10-15 minutes of daily
belly laughter can help you

build up immunities

become more resilient

become more creative

get energized!

become more joyful

More laughter = a better life
Improve your overall health

Alexa can customize a session for your group and needs!

"Words can not express my gratitude for your amazing presentation and its impact on my clients. I especially appreciated your perfect Segway from the emotional impact of the previous speaker... Thank you for incorporating some financial ideas into your program. I received amazing feedback from my clients about your Laughter Yoga session. I also was amazed how you got every single person to be involved. You have a very special gift and I am so thankful that we crossed paths. I plan to stay in touch and will be looking for ways to incorporate laughter into my life and my clients' lives as well." Joseph Fenstermacher, Investment Advisor

"Alexa educated and energized our staff through thoughtful content, engaging strategies and just plain fun. You could hear the joy and release in tension. She is a great practitioner and presenter for any size group. She worked magic for our staff training that was attended by 150." Leslie Newman, CEO Children & Families First

Testimonials?

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