

Laughter Yoga can help with the following:

- Coping better with stress
- Strengthens social skills
- Creates new connections



- Improves communication
- Promotes positive body image
- Helps build self confidence
- Boosts energy levels for studies



- Improves focus and concentration
- Fosters creative thinking and
- Helps with problem solving
- Builds empathy and compassion
- Improves teamwork
- Creates more joyful individuals
- Helps before exams!



Alexa 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.

Seeking new Teen Leaders!
Contact Alexa for more Information

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Empower Teens Laughter Yoga for Optimum Well-being

**Destressing and building
resilience through
Laughter**



Let that inner child shine!

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



What 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. There are no yoga poses. Laughter Yoga is considered aerobic exercise, where you burn calories.-

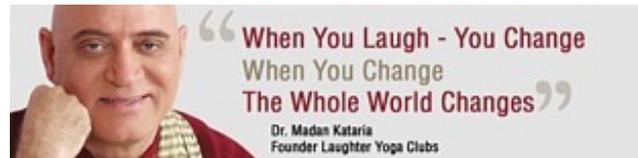


**Laughter boosts your endorphins
(feel good hormones)
and reduces cortisol levels (stress hormones)**

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.**



According to the Centers for Disease Control and Prevention (CDC) WISQARS Leading Causes of Death Reports, in 2016:

Suicide was the tenth leading cause of death overall in the United States, claiming the lives of nearly 45,000 people.

Suicide was the second leading cause of death among individuals between the ages of 10 and 34, and the fourth leading cause of death among individuals between the ages of 35 and 54.

There were more than twice as many suicides (44,965) in the United States as there were homicides (19,362).

If we reach youth early on and teach them how to manage their stress with these Laughter Yoga exercises, before it turns into

overwhelming anxiety and depression, then they can become more resilient and feel less helpless and alone. Laughter Yoga teaches positive thinking, gives hope, relieves stress and encourages finding positive solutions to daily challenges.

Testimonials?

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