

Laughter Yoga can help with the following:

- Coping better with stress
- Strengthening social skills
- Creating new connections



- Improving communication
- Promoting positive body image
- Building self confidence
- Boosting energy levels



- Improving focus and concentration
- Fostering creative thinking and
- Helping with problem solving
- Building empathy and compassion
- Improving teamwork
- Creating more joyful individuals
- Confidence before exams



Alexa Drubay is a Laughter Yoga Master Trainer (MT) and Laughter Ambassador, who trained in India with the founder of Laughter Yoga, cardiologist Dr. Madan Kataria at Laughter Yoga International.

She leads two, weekly laughter clubs in her community outside of Philadelphia.

Alexa presents Laughter Yoga Resilience and Well-Being sessions and workshops to all types of groups from young students to older adults, to healthcare 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, inmates, abuse victims and others.

She offers regular certification trainings for Laughter Yoga Leaders and Teachers and encourages participants to share the laughter in their neighborhoods and to integrate the laughter skills into their work.

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Empower Youth

Laughter Yoga for Optimum Well-being

Destressing and building resilience through Laughter Exercise



Let that inner child shine!

Applying mindful breathwork, movement, laughter and play to improve your health, happiness and vitality.



