

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:

Dr. Madan Kataria started his first laughter club in 1995.

Today, Laughter Yoga is being practiced in 108+ countries and at over 16'000 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
creative



become more
resilient



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>

Laughter Yoga can help to :

- increase daily laughter
- reduce fatigue & burnout
- cope better with stress
- strengthen social skills
- improve networking



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



- Improve focus and concentration
- foster creative thinking
- solve problems
- promote positive behaviors
- Build empathy and compassion
- Improve teamwork
- Create more joyful individuals
- Less sick leave, better performance

De stressing and building
resilience through Laughter

www.laughteryogawithalexa.com

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Alexa Fong Drubay

is a Laughter Yoga Master Trainer (MT) and Laughter Ambassador, who trained in India with the founder of Laughter Yoga, former physician Dr. Madan Kataria.

Alexa leads two, weekly **laughter clubs** in her community of Media, PA, outside of Philadelphia.

She presents **customized Anti-Stress, Resilience and Well-Being Presentations, sessions, workshops, trainings and coaching** for all types of groups.

Everyone can benefit from more laughter, from Kindergarten to Older Adult Communities. From 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 recovery groups which include combat vets, cancer patients, prisoners and abuse victims.

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

2-DAY CLYL Trainings are CEU approved through the following organizations:

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

Energize & Engage

your Audience



Laughter Yoga Blasts & Workshops



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.