

Re-ignite that Love Spark with your Partner



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

She offers two, weekly laughter clubs in her community outside of Philadelphia.
<https://www.meetup.com/Laughter-Yoga-Club-Delaware-County-PA/>

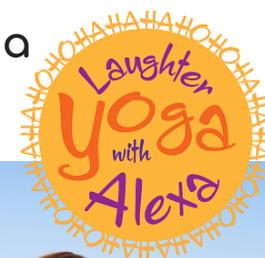
Alexa leads customized sessions to help reduce stress, boost resilience and to foster well-being for individuals and all types of groups:

- couples
- young children (at schools, youth groups and camps)
- primary, middle and high schools
- older adults (at senior centers and in senior communities)
- corporate groups
- healthcare professionals and staff at hospitals
- medical schools, colleges & universities
- groups in recovery (cancer survivors and families, abuse victims, inmates, combat vets, hospice groups and others)

Available for conferences, retreats, special events, trainings and workshops

www.laughteryogawithalexa.com
215 478 5669

Laughter Yoga for Couples



How to keep the Laughter Flowing

In this fast-paced life, it is sometimes hard to keep up and spend quality time with the person you love the most. Explore ways to keep your relationship strong. Step away from the electronics and pull your partner closer—through laughter.



Dr. John Gottman

What's happens during a laughter session?

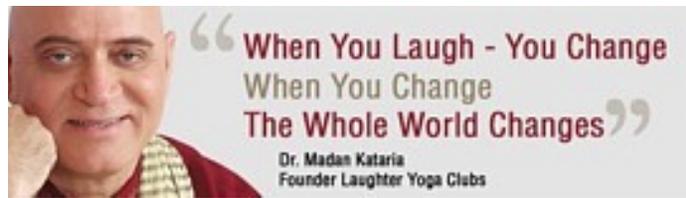
A typical session includes laughter, movement, singing, dancing, breathing exercises, playfulness and stillness. It will be an up-lifting, energizing and joyful experience, a great way to feel more creative, experimental and free.

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. You will learn how to process life's challenges in a more productive way.

Participants will discover more about the Laughter Yoga Global Wellness Movement- 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. Wonderful core exercises :)



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.



love & laughter



Are you too serious? SERIOUSLY, get laughing!

Here is a fun way to re-ignite that spark and also the perfect way to show your partner that you are committed to them. Step away from the electronics and pull your partner closer- through laughter.



The Science behind Laughter Yoga

Stress contributes to many illnesses, physical and mental. It can negatively affect our heart and brain health, blood sugar levels and cause all kinds of other symptoms like anxiety, depression and anger.

A mindful laughter work-out which oxygenates the body, can help balance blood pressure, relieve stress and teach positive coping mechanisms.

What to bring to a session?

- An open attitude/ a willingness to try something new and unfamiliar.
- Wear comfortable clothing and footwear.
- Pack a water bottle. (hydrate!)

Testimonials?

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



"Alexa had us bonding and giggling again like when we were courting. Priceless!" J.D.S.