

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.

"WOW! How did she get us serious corporate types laughing along so quickly? All of a sudden we forgot what we were looking like and just felt great!"

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

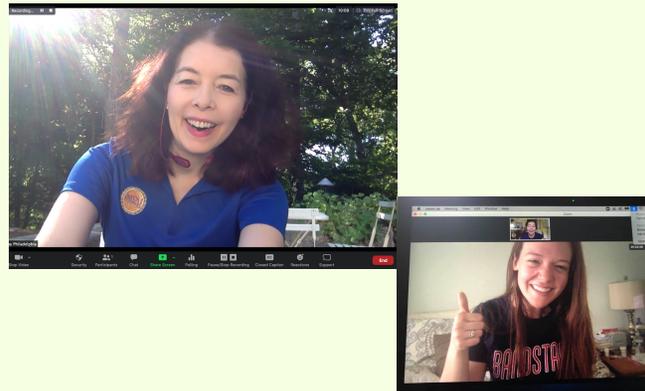
- 1) Laughter exercises (not based on jokes or comedy). Why wait for something funny to happen?
- 2) Yogic Breathing exercises (pranayama) Your diaphragm is your best friend!
- 3) Mindfulness Meditation (Yoga Nidra) Grounding and stabilizing.

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 115 countries and at over 20'000 laughter clubs.



10-15 minutes of daily belly laughter can help you



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>



Alexa Fong Drubay is a certified Laughter Yoga Master Trainer (CMT) and Laughter Ambassador, who trained in India with the founder of Laughter Yoga, 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. Kids to Older Adults, 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.

Energize & Engage your Audience Laughter Yoga Blasts & Workshops

Laughter Yoga can help to :

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



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.



got zoom butt?

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

3-DAY online Certified Laughter Yoga Leader 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

Encourage this!

Get up off your chair and practice some laughter stretches!

Laughter exercises to boost energy levels, mood, foster connections and teamwork.

Avoid this!



- 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, increased performance

Invest in your Health & Well-Being



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