Alexa 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 online laughter clubs in her community outside of Philadelphia. [https://www.meetup.com/Laughter-Yoga-Club-Delaware-County-PA/](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:
- 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](http://www.laughteryogawithalexa.com)

215 478 5669

Students and clients include health care professionals (social workers, nurses, doctors, recreational therapists, physical therapists, counselors etc.) teachers, yoga professionals and other individuals seeking more laughter and wanting to integrate these new skills into their daily life and work.

Laughter for Stress Reduction, Resilience & Well-Being

Explore new ways to improve your health, happiness and vitality through mindful breathwork, laughter exercise, movement and play.
Day 3
- Laughter Check in, full laughter session (1.5hrs)
- Discussion: LY in post Coronavirus times, changing and developing new LY opportunities (1hr)
- Exercises/Laughter with the corporate world (1hr)
- The Business side of Laughter Yoga, branding and marketing (1hr)
- Homework project, Laughter with others, videos, testimonials (on your own)
- Presentation of homework project
- Graduation, Welcome new Certified Laughter Yoga Leaders!

The above agenda is an example of what is included in this training and follows the philosophies, principles, guidelines and training created by Dr. Madan Kataria of Laughter Yoga International. The trainer reserves the right to adjust the schedule/content.

Training Cost: $425.00
Payment can be made via Paypal or Venmo in full by first training date. Your certificate will be sent to you in the mail or print out at home.

Are you too serious?
SERIOUSLY, get laughing!

If you are a caregiver, have a high stress job, are experiencing health challenges, are suffering from chronic pain, experiencing loss, feeling low energy, sadness, at risk for diabetes, experiencing loneliness or are just in need of more laughter, try some Laughter Yoga exercises!

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.
- A water bottle (hydrate!)

Testimonials?
http://www.laughteryogawithalexa.com/testimonials