

CUPERTINO LIBRARY AND CUPERTINO LIBRARY FOUNDATION PRESENT



Laughter Yoga for *Stress Relief, Resilience and Well Being*

In a live ZOOM session, Coach Alexa Drubay will begin with a short introduction to Laughter Yoga (history, benefits and applications), followed by a highly interactive session which includes laughter exercises (based on everyday situations, rather than on jokes or comedy) and yogic breathing exercises (hence the word YOGA in Laughter Yoga). There are no yoga poses. However, it does include movements such as clapping, stretching and dancing. All exercises can be performed seated or standing.



ABOUT ALEXA DRUBAY

Alexa Drubay is a Laughter Yoga Master Trainer and a Laughter Ambassador, who trained at Laughter Yoga International, in India with the founder of Laughter Yoga, former physician Dr. Madan Kataria. She presents Laughter Yoga Stress Reduction, Resilience, and Well-Being sessions and workshops to all types of groups from young students to older adults, to healthcare professionals, to the corporate world, and to all manner of public and private groups. She also works with groups in recovery (e.g. combat vets, cancer patients, prisoners, abuse victims). She offers regular certification trainings for Laughter Yoga Leaders and Teachers. She coaches others to share laughter in their neighborhoods and to integrate laughter skills into their work. She enjoys spreading the laughter wherever she goes.

2:00 pm Wednesday, August 05, 2020
2:00 pm Wednesday, August 12, 2020
2:00 pm Wednesday, August 19, 2020
2:00 pm Wednesday, August 26, 2020
2:00 pm Wednesday, September 02, 2020
2:00 pm Wednesday, September 09, 2020
Register for each session [here](#) for Zoom details
<https://tinyurl.com/LAUGHYOGA-8520>

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