

Alyssa Prouty is a Certified Laughter Yoga Leader with a background in brain retraining and nervous system regulation. I love to offer unforgettable holistic (addressing the whole person) experiences that spark creativity and imagination to provide the max amount of DOSE (dopamine, oxytocin, endorphins, and serotonin) chemistry! I have a super silly side, so this "work" fits me like a glove, and also LOVE helping people! I like to offer new experiences so that repeat participants take something new away every time! I like to keep the groups so that I can connect as best I can online!

March 25, 2024, 2:00PM Eastern time:

"Oh, The Possibilities!" is mostly playing and laughing and hardly any talking except at the beginning to explain what we are doing and at the end to do a visualization to ground and calm. Email laughmoreyoullfeelbetter@gmail.com to join and receive the passcode. The cost is \$23.00 per household payable through Venmo (@Alyssa-Prouty-2), PayPal (@artyoucando), or Zelle (760-847-2984).