

**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 small so that I can connect as best I can online!"**

**March 25, 2024, 8:00PM 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](mailto: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).**