



Daybreaker Launches Daybreaker+, the First Network Built for Joy

- All the magic and mischief of Daybreaker, now available on demand
- Virtual dance, yoga, meditation and science-backed practices designed to spark joy
- Daybreaker Founder, Radha Agrawal, teamed up with The Greater Good Science Center (UC Berkeley) to create the D.O.S.E. method — practices to release your happy neurochemicals (dopamine, oxytocin, serotonin and endorphins)

Brooklyn October 2021 — Daybreaker has launched a groundbreaking virtual network, [Daybreaker+](#), to provide members on-demand science-backed practices designed to spark a more joyful life. Daybreaker founder, [Radha Agrawal](#), collaborated with leading experts on the science of happiness from [The Greater Good Science Center](#) to create the D.O.S.E. method, practices that are engineered to release a person's happy neurochemicals (dopamine, oxytocin, serotonin and endorphins) to ultimately make them feel and live a more joyful life. Daybreaker+ has already onboarded dozens of top doctors to prescribe joy to their patients and here are a few early testimonials from the doctor community:

“Experiencing Radha awakened my soul! She guided us through a short exercise to align our chakras and it was intensely powerful. In that quick moment, I was reminded why I went into medicine and my mission to create a community of women was born.”

- **Dr. Tabitha Barber, MD**

“OMG!!!! Radha inspired me on levels that are hard to even put into words. Her movement is everything I aspire to in my personal and professional life. Embracing Joy through movement is some of the best medicine around.”

- **Dr. Sharon Stills**

“I love Radha's energy and everything about Her. I was impressed by her energy, charisma, and how she was able to get all of us to connect deeper to each other! She has a very unique way of teaching joy and I highly recommend her book and work to many!”

- **Bindya Gandhi, MD**
Integrative & Functional Medicine Doctor
Metabolism Makeover Expert

How Daybreaker+ works.

Step 1: Map Your Joy Blueprint.

Daybreaker teamed up with The Greater Good Science Center to develop a first-of-its-kind quiz to apply the science of your brain to your body. Anyone can take the [free quiz](#) to see where they are on their joy journey and unlock D.O.S.E. class recommendations to provide support where it's needed most.

Step 2: Join the Daybreaker+ Community

Members can [join](#) the club to start filling their D.O.S.E. prescriptions. Membership includes access to on-demand D.O.S.E. classes, members-only monthly events, and members-only group chats to foster deep human connection. First 14 days are free and members can cancel at any time. Subscriptions are \$29.99 per month or \$299 per year.

Step 3: Start Living a Life Full of Joy!

The Daybreaker+ science-backed joy practices are engineered to release your happy neurochemicals — dopamine, oxytocin, serotonin and endorphins — to help you feel more powerful, loving, connected and inspired.

We are Daybreaker, a community of 500,000+ mischievous humans from 28 cities around the globe and we break the day with dance, energy and joy as our northstar.