

Laughter Yoga Information & Liability Release

Laughter Yoga is a fun and healthy exercise regime with beneficial effects for the body, mind and emotions. Like any form of aerobic exercise, it should not be practiced by people with medical problems without first taking advice from their medical practitioner.

Laughter Yoga should not be considered as a substitute for proper medical consultation for physical, mental and psychological illnesses.

It may not be suitable for everyone. Laughing involves some physical strain and a rise in intra-abdominal pressure. It may not be appropriate for people suffering from

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|------------------------------|--|
| Advanced (bleeding) piles | High blood pressure |
| Any kind of hernia | Incontinence of urine |
| Any persistent cough | Major psychiatric disorders |
| Anything with acute symptoms | Severe backache |
| Epilepsy | Or having undergone surgery within the last 3 months |
| Heart disease | |

This list is for guidance only and is not meant to be exhaustive. If in doubt, first consult a trained medical professional for guidance. Anyone already undergoing physician-prescribed therapy should seek the advice of their doctor before reducing or stopping such treatment.

Please use your common sense. If during a session you feel sudden or new pain please leave the session immediately, or advise the leader if you require assistance.

Liability Release

Name _____

Address _____

Please Read This Carefully:

I am participating in Laughter Yoga sessions requiring physical exertion that may be strenuous and may cause physical injury. I am fully aware of the risks and hazards involved.

I am physically fit and I have no medical condition that would prevent my full participation in Laughter Yoga sessions, or if I have any medical problems or conditions I have fully revealed these to the Laughter Yoga leader before each session.

I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the sessions, and knowingly, voluntarily and expressly waive any claim I may have against Dr. Kataria School of Laughter Yoga, Laughter Yoga International, their leaders, teachers, employees or assistants for injury or damages that I may sustain as a result my participation. I agree that I, my heirs or legal representatives forever release waive, discharge and covenant not to sue for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Laughter Yoga News

To receive our e-newsletter please provide your e-mail address:

Signature of adult: _____
or if minor, of properly authorized parent or guardian.

Date(Day/Month/Year): ____/____/____