

## DISCLAIMER

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 practised 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 is contraindicated for people suffering from:

Advanced (bleeding) piles

Any kind of hernia

Any persistent cough

Anything with acute symptoms

Epilepsy

Heart disease

High blood pressure

Incontinence of urine

Major psychiatric disorders

Severe backache

Or having undergone surgery within the last 3 months.

This list is for guidance only and is not meant to be exhaustive. If in doubt, first consult a trained medical professional for guidance.

Please use your common sense. If during a session you feel sudden or new pain please leave the session immediately.

By taking part in a Laughter Yoga session led by Agnes, you accept full responsibility for your physical fitness and state that you are able to safely participate in it.