

DISCLAIMER

It has been explained to me, prior to taking part in the laughter yoga workshop, that laughter yoga exercises are equivalent to any other aerobic exercise and I therefore accept full responsibility for my physical fitness and state that I am able to participate in this workshop.

I release the facilitators/teachers/instructors from any liability, should there be any accidental injuries that may occur during the laughter yoga exercises.

I have consulted my physician and am able to participate in the workshop. I further declare that I am not suffering from any of the following conditions: uncontrolled high blood pressure, heart disease, epilepsy, any kind of hernia, severe backache or major psychiatric disorder.

Name: _____

Address: _____

Phone: _____ Cell: _____

e-mail: _____

Print name: _____

Signature: _____