

Contraindications to Laughter Yoga

PLEASE READ BEFORE TAKING PART:

Laughter Yoga is not a substitute for medical consultation but is a powerful natural complementary form of healing. It is exercise and involves some physical strain and a rise in intra-abdominal pressure and may not be suitable for everyone.

It is contraindicated for people suffering from: any kind of hernia, heart disease with angina pain, persistent cough with breathlessness, uncontrolled high blood pressure, urinary Incontinence, epilepsy, advanced (bleeding) piles and haemorrhoids or any bleeding tendencies in any part of the body, severe backache, schizophrenia,

hypermania (manic part of bipolar depression) any acute symptoms of cough, cold and fever. People who have undergone major surgery should wait at least three months before doing laughter yoga.

Pregnant women with previous history of miscarriages and also those who are in advanced stage of pregnancy should take medical advice from specialists before doing laughter exercises.

If you are not sure if this activity is suitable please seek medical advice.

Laughter Yoga is like any other aerobic exercise. Should you experience any discomfort, please discontinue and get medical advice.