

Medical Disclaimer

Joyful Breath Laughter Yoga is a low-impact, aerobic form of exercise that combines intentional laughter with gentle breathing and movement. While generally safe for most people, certain medical conditions may require caution.

Please consult with your doctor before participating if you have any of the following:

- Hernia
- Heart disease with chest pain (angina)
- Hemorrhoids
- Epilepsy
- Cold or flu
- Pregnancy
- Glaucoma
- Uterovaginal prolapse
- Recent surgery
- Slipped disc or severe back pain

Release of Liability

I understand that participation in Joyful Breath Laughter Yoga is voluntary and that it involves physical activity that may carry certain risks. I affirm that I am in good health and able to participate safely, or I have consulted with my physician regarding any medical concerns I may have.

I hereby release and hold harmless the facilitators of Joyful Breath Laughter Yoga, its instructors, and affiliates from any and all liability, claims, or causes of action arising from my participation in these sessions, whether held in-person or virtually. I understand that this waiver applies to myself and, if applicable, any minor(s) under my care who participate.

I have read and understood the above information. I acknowledge that I am signing this form voluntarily and agree to its terms.

Print name _____

Signature: _____

Email _____

Phone if text preferred _____ Date: _____

Consent for Participants Under Age 18

I am the parent or legal guardian of the minor named below and give my permission for their participation in Joyful Breath Laughter Yoga. I accept full responsibility for their participation and agree to the terms of this release.

Minor's Name (if applicable): _____ Age: _____

Consent and Signature

I have read and understood the above information. I acknowledge that I am signing this form voluntarily and agree to its terms.

If under 18, Parent/Guardian Signature: _____

Email or phone for text messages: _____

Date: _____