

Contraindications – laughter training

- especially it is contraindicated for people suffering from
 - any kind of hernia,
 - heart disease with angina pain,
 - persistent cough with breathlessness,
 - uncontrolled high blood pressure,
 - incontinence of urine,
 - epilepsy,
 - advanced (bleeding) piles and hemorrhoids or any bleeding tendencies in any part of the body,
 - severe backache,
 - any acute symptoms of cough, cold and fever.
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- People who have undergone major surgery should wait at least three months before doing intensive laughter training.

In doubt, please contact me, Martha Tanzberger: lachprobe@fitlachmit.at

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smile is my style 😊

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