



Laugh for the Health of It!



HOW DO YOU FEEL?

To measure the immediate effects of Laughter Yoga

Date:

Location:

Occupation:

City/State where you live:

Please circle the number that best reflects your feelings for each of the items below:

BEFORE	Using a scale of 1-10 (1=lowest, 10= highest)	AFTER	Using a scale of 1-10 (1=lowest, 10= highest)
Enthusiasm	1 2 3 4 5 6 7 8 9 10	Enthusiasm	1 2 3 4 5 6 7 8 9 10
Energy level	1 2 3 4 5 6 7 8 9 10	Energy level	1 2 3 4 5 6 7 8 9 10
Mood	1 2 3 4 5 6 7 8 9 10	Mood	1 2 3 4 5 6 7 8 9 10
Optimism	1 2 3 4 5 6 7 8 9 10	Optimism	1 2 3 4 5 6 7 8 9 10
Level of friendship with group members	1 2 3 4 5 6 7 8 9 10	Level of friendship with group members	1 2 3 4 5 6 7 8 9 10
Level of muscle relaxation	1 2 3 4 5 6 7 8 9 10	Level of muscle relaxation	1 2 3 4 5 6 7 8 9 10
Level of mental relaxation	1 2 3 4 5 6 7 8 9 10	Level of mental relaxation	1 2 3 4 5 6 7 8 9 10
Ability to laugh without a reason	1 2 3 4 5 6 7 8 9 10	Ability to laugh without a reason	1 2 3 4 5 6 7 8 9 10

Please describe your experience doing Laughter Yoga today.

I'd like to learn more about this. Please contact me. (please print clearly)

Name:

Email:

Phone:

Contraindications:

(of Laughter Yoga)

- 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
- Having undergone surgery within the last 3 months



***If in doubt, check with your doctor!**

☺ ALWAYS BE SAFE

☺ DO WHAT FEELS GOOD & COMFORTABLE

not to be confused with....

‘Life begins at the end of your comfort zone’

-Neal Donald Walsch