Consent for Sound Bath + Lisa's Laughter Lounge

Sound baths may not be suitable for people with certain health conditions such as epilepsy, tinnitus, first trimester of pregnancy, synthetic medical implants (pacemakers), hip/knee replacement and severe mental health conditions.

It is recommended you contact your medical professional before booking the session if you have any concerns.

If you wear hearing aids of any kind, please remove them prior to the session.

A Sound Practitioner is not a doctor and therefore will not diagnose or treat any specific illness. If you have a medical problem you are advised to seek professional medical help.

You may experience some discomfort after your treatment. This can be headaches, feeling tired or thirsty. This is caused by your body trying to heal itself. For most people this process generally takes 2-3 days and during this time you should drink plenty of water and take it easy. Give your body a chance to heal itself.

Lisa's Laughter Lounge–Participant / Organiser Information & Declaration

(Participants under 16 must be accompanied by a parent, guardian or responsible adult)

This document provides important participant information and a declaration for individuals and organised group sessions.

About the Session
Laughter sessions combine laughter exercises, breathing techniques, gentle movement and relaxation. They are a complementary wellbeing activity and are not a substitute for medical advice, diagnosis or treatment. They may involve light physical exertion and increased intra-abdominal pressure.

Important Health Guidance
Participants should not take part if they have had surgery within the last 3 months, have an uncontrolled or unstable medical condition, or are experiencing an acute illness. If unsure, medical advice should be sought before participating. Anyone under medical care or taking prescribed medication should consult their healthcare professional before making changes to treatment.

This includes (but is not limited to):
high blood pressure / heart disease / epilepsy / hernia / severe back pain / advanced haemorrhoids / incontinence / persistent cough / major psychiatric conditions / any acute illness

Participation Agreement

Participants are responsible for their own wellbeing, should only take part if they feel able to do so safely, and should stop, rest or modify activities if they become unwell or uncomfortable. Seated options are available.

Declaration

By signing the consent form, I confirm that, I have read and understood the above.