



LAUGHTER YOGA CODE OF CONDUCT

Principle of Oneness

Laughter Yoga Leaders promote the principle of oneness –

‘I belong to everyone and everyone belongs to me.

No one is superior or inferior - we are all equal.’ We are part of a global family with diverse cultural values bound together through the worldwide network of Laughter Yoga Clubs in a common pursuit of good health, peace and understanding.

Principle of Selfless Service and Respect for Others

Laughter Yoga Professionals do not put personal interest before the need of others. They encourage discussion and differing opinions and do not allow personal ego to interfere with adopting good solutions regardless of where they originate. They do their utmost to make sure that all participants feel included and valued.

Unconditional Love for All

Laughter Yoga Leaders strive to make all persons feel welcome; they are patient and understanding with everyone. They readily adapt to the values of other cultures and countries and are sensitive and open-minded to individual concerns and differences. They do not tolerate any display of prejudice or bias related to gender, race, ethnic origin, sexual orientation, religion, ability, age or disability. They give unconditionally to everyone without judging or discriminating.