



## Online classes disclaimer

When attending any online yoga class, livestreamed or pre-recorded, it is up to the individual attending to assess whether or not they are ready to attend the class in which they have chosen to participate. The practice of yoga asanas requires you – the practitioner – to gauge the safety of your practice within your personal physical limitations. It is better to build up slowly than to force and strain.

By booking, you acknowledge that you are fit to practice Yoga:

- If you have any past or present injuries and/or medical conditions you have taken appropriate medical advice and have a clearance from a medical professional to attend a Yoga class.
- If you are pregnant, you must inform the teacher before the class to check that the programme is suitable and must follow the recommended practice only.
- If you have a fever on the day, have had any recent diarrhoea or vomiting it is best to rest until you are better.

Please remember to inform the teacher of any new injury or medical condition that may affect your practice. Do not hesitate to ask if unsure.

During the class, you will be asked to complete the recommended activities to the best of your ability, some of which may need to be adapted to suit you, insofar as possible. Should you experience any symptoms, pain, discomfort, or other concerns that may occur or change at any point during the class, you must immediately abstain from these activities and inform the teacher.

You also agree:

- To assume full responsibility for any risks, injuries or damages, known or unknown, which you might incur as a result of your participation in the online yoga class.
- To make sure that you can see and hear the class properly on your device and position the device in such a way that you are visible to the teacher.
- Not to record the classes or communicate the links to other people who have not booked for the event.

These classes are for use by existing Iyengar yoga students only. New students should contact the teacher before joining classes.