

Disclaimer

Before commencing any exercise for the first time it is advisable to consult your GP who will be able to advise on the type of activities suitable to your fitness level. Any physical activity brings the risk of possible physical injury.

It is important that you become your own teacher. Listen to how you feel and become aware of what your body is telling you; the student alone assumes the responsibility for any risk of injury by performing any or all of the asanas. Under the guidance of the teacher you must always use intuition and your own knowledge of your body to seek out the correct approach to the Yoga poses. If unsure about anything related to the class or how you feel physically please speak with the Yoga teacher. Advice from your teacher is not intended to be a substitute for your own best judgment.

Seek advice from your GP/healthcare professional if you have any health concerns or questions. NB: The Yoga teacher does not diagnose or offer any medical advice. Nothing stated by the teacher is intended to replace professional advice from any qualified medical professional.

Much anecdotal information is available and will be provided but the student cannot construe it to represent that Yoga is intended to treat, heal or cure any diseases, conditions, or injuries. Yoga is no substitute for medical diagnosis and treatment.

While Yoga has been proven to benefit conditions ranging from sports injuries to chronic illnesses you must let your teacher know if you have a condition you might need to work around/with.

Yoga rewards dedication and hard work but it is equally important to rest and recover as needed.

Yoga Matters and its teachers are not responsible for any items lost or stolen. You are welcome to take your small valuables into class with you e.g. wallet.

Prohibitions / Precautions

Exercising in hot temperatures can put stress on the cardiovascular system. Therefore practicing Yoga in heat is not recommended for people:

- with chronic disease or who have suffered heat strokes/heat stress in the past
- with cardiovascular disease, including aneurism, angina, atherosclerosis, congenital heart disease, stroke...
- who have alcohol or stimulant drugs in their systems (e.g. amphetamines, cocaine, etc.)

Some prescription medications like cardiac drugs, beta-blockers and anticholinergic or antimuscarinics medications (prescribed for Parkinson's Disease or to reduce the side effects of certain anti-psychotic drugs) may interfere with the body's heat loss mechanisms, making those who use them more susceptible to heat illness and impairing the students ability to endure the rigors of the class.

- Multiple sclerosis, enlarged prostate, uterine prolapsed or osteoporosis

If you have any of the conditions described hereinbefore then you must present the Yoga teacher with a letter from your GP (on the GP's letterhead with his name signed and printed) which letter must certify that the GP understands the rigors of the class and that the GP certifies you are physically fit to perform and engage in all aspects of the class and he provides his medical consent to your participation.

Pregnant women, elderly people and those with hyper/hypotension, epilepsy, osteoarthritis, any rheumatologic arthritis, pain in muscles or a joint, or any kind of previous injury must take responsibility for seeking the advice of their medical practitioner before commencing or continuing with practice.

IF YOU ARE ON PRESCRIBED MEDICATION activity in a hot environment must be discontinued when symptoms of heat stress occur, including:

- a feeling of sudden and severe fatigue
- nausea and/or dizziness
- lightheadedness or fainting
- a cessation of sweating accompanied by dry, hot skin
- a period of inexplicable irritability, malaise, or flu-like symptoms

If taking any medications that would not impair ability to participate the student must not stop taking such medication(s) without the consent of their GP.