



## **CLASS AND HOME PRACTICE GUIDELINES**

### ***Class Practice Guidelines\****

In all classes whether face to face, live streamed remote or pre-recorded remote, always follow your teacher's safety instructions and listen to your body. When a movement or class is beyond your experience or ability, feels too difficult for you, or you experience any discomfort, please do not continue the movement or class. Please do not eat anything for at least 2-4 hours before the class as this can cause stomach discomfort. Make sure you risk assess the space around you to ensure you practise safely. Check for any electrical wiring, fragile ornaments or jagged furniture. We want your practice to be completely safe and enjoyable. Please note that if you are following a pre-recorded class, you do so entirely at your own risk and the teacher/tutor is not liable for any injuries you may occur.

*\*Taken from British Wheel of Yoga Student Health Questionnaire (2020). This declaration has been signed by all students attending classes at Yoga Mitra and a copy can be made available to the student on request.*

### ***Home Practice Guidelines***

You are solely responsible for your own health and well-being while undertaking a home yoga practice. You must never attempt any exercises beyond the degree of exertion and difficulty which you are able to manage comfortably without incurring risk of injury. You are solely responsible for assessing that the space around you is safe and appropriate for you to practise in. Your teacher/tutor is not liable for any injuries you may occur.

[Last updated November 2023.]