

By booking or attending a yoga class with Johnananda Yoga, I confirm and agree to the following:-

- If I have any illness, injury, medical condition, am pregnant or have recently given birth, I should consult a doctor before doing yoga and I will follow any advice given by the doctor.
- I will notify my yoga teacher of any illness, injury or medical condition or if I am pregnant or have recently given birth.
- I understand that group classes with Johnananda Yoga are not suitable if I am pregnant and I will not attend a group class unless I have discussed it in advance with my doctor and with Johnananda Yoga. I understand that if I wish to practice yoga while pregnant, it is more suitable to attend a specialist pregnancy yoga class.
- If I have given birth within the last 6 months, I will not attend a class with Johnananda Yoga until I have been told by my doctor that I may fully exercise. I will monitor myself during the class, easing into poses and easing out as necessary to ensure I do not injure myself. I will not push myself too hard. I will take particular care while doing abdominal work in the class.
- I will be responsible for my own health and well being, as well as my decision to practice yoga. I confirm I am fit and healthy enough to participate in a yoga class.
- I understand that I know my body better than my yoga teacher. I will monitor myself during the class and use my own judgement. If I am overstretching or feel a mild twinge, I will ease off. If I feel any sharp pain, sharp twinges or any joint pain, I will immediately come out of a pose.
- On any given day, I will listen to my body and respect my body's limits.
- If I am exercising beyond my abilities and feeling tired during the class, I will take a break.
- I will inform my yoga teacher if I feel unwell or experience any pain or discomfort during the class.
- I will inform my yoga teacher of any activity I think may cause me injury.
- I will not attend class if I am ill.
- I accept full responsibility for any illness or injury resulting from me not complying with any of the above.
- There is debate within the yoga community as to whether you should do full inversions (e.g. shoulderstand, headstand, etc) when on your period. If you are not sure what to do, I found this article helpful <https://www.yogajournal.com/practice/yoga-sequences/inversions-and-menstruation/> . It runs very true for yoga generally. Listen to your body in every class and do what you feel like doing on any given day. It is always ok to miss out poses or do a substitute pose.