

Soul Harmony Yoga Safety Information

Please read before practising any of our classes

It's really important, when practising any form of yoga, that you practice with care and kindness. Yoga may not be for everyone and if you are currently under a health practitioner than we advise to check with them first before practising. Do not practice Yoga until you have done this. The legal bit we have to say is, as creators, producers and participants of these classes and workshops, we disclaim any liability or loss in connection with the exercise and advice therein. Please take care and let your body be your guide as to what feels right for you.

What to be aware of:

- These Yoga Classes and workshops are not designed for **pregnant women** unless it's a specific pregnancy yoga session
- For women who are **menstruating** - avoid wide legged postures and inversions for the first three days of menstruation
- **High blood Pressure** - Don't raise your arms above shoulder height and avoid staying in an inversion
- **Glaucoma and detached retina** - Do not hold inversions or forward poses where your head is lower than your heart for too long

Back Problems:

- For **general back issues** Yoga is fantastic. If you are under the guidance of a physiotherapist or osteopath or other practitioner please check with them first before practising yoga
- **Disk Injury** - If you are in serious pain then do not practice yoga and seek the guidance of your supporting practitioner. Otherwise avoid twisting and forward bends

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- **Sciatica** - It is always better to find out what is causing the pain for sciatica so the classes do not make your pain worse. In general avoid forward bends- you can come into a straight flat back forward bend but no further
- **Hernia & Abdominal surgery.** Approach your yoga class mindfully. Do not practice Yoga until your health practitioner gives you permission
- When you can practice avoid stretching through the front of your body, and movements where you are lying on your front
- **Hyper mobility** - When you have very flexible joints it may seem great and you can get into all sorts of positions which may actually be damaging your body. Ensure you include as much strengthening as stretching into your practice

Arthritis:

- **Osteoarthritis** - Yoga is fantastic for nourishing your joints. Be guided by your body as to what feels good.
- **Rheumatoid Arthritis** - Seek advice from your health practitioner before practising. Be careful of your neck in postures such as the bridge.

Throughout our yoga classes there will be modifications given so stop the video, get what you need or re- position and start it again.

The general rule of thumb is that your yoga practice is a time to practice kindness to yourself. The best Yogis are the ones who listen to their body and let it be a guide for their practice.

Any questions please drop me a message in our Online Yoga Community Facebook Page <https://www.facebook.com/groups/1659371387708792/>