

DISCLAIMER & WAIVER OF LIABILITY

Please note that yoga is a physical activity involving postures, yogic breathing, stretching and toning.

Please “listen to your body” and skip any activity or position that is a strain on your body. For some reason, if you are tired, then please take rest. Do stretches / Yoga positions / Pranayam that are suitable to your health or body and you are comfortable with it.

Please ensure that you are positioned in a safe surrounding away from furniture and other objects which may restrict your ability to conduct these exercises.

You are participating in this activity at your own risk and that the Yoga Teacher / Fitness Instructor and India Community Center will NOT be liable or responsible for any adverse health impact or injury to you or anyone else practicing with you.



India Community Center
