

Disclaimer

Always, individually, consult your health care team and get full medical acceptance before practicing any yoga or any other exercise. Yoga / Therapy must always be practiced under the direct supervision of a experienced teacher. Practicing under the direct supervision and guidance of a experienced teacher sure to reduce the risk of injuries. Not all yoga poses are suitable for all ages. Like Individualized Medicine, individualized techniques will be needed and this requires a teacher / master. At least a few face to face sessions need to be adhered to. Practicing under the direct supervision and guidance of a experienced teacher / master, in addition to the direction of your health care provider, will determine what poses are safe and suitable. The information provided in this blog, website, books, and other materials is strictly for reliable information basis only and is not in any manner a substitute for medical advice or direct guidance of a qualified yoga instructor. The author, illustrators, editors, publishers and distributors assume no responsibility or liability for any injuries or losses that may result from practicing yoga or any other exercise program. The author, editors, illustrators, publishers and distributors all make no representations or warranties with regards to the completeness or accuracy of information on this website, any linked websites, books, DVDs, or other products represented herein. Remember this is a free service, great care is taken to be precise and accurate so that everyone enjoys reading but also benefits to some extent.