

DISCLAIMER FOR INDIVIDUAL DRU YOGA TEACHERS WHO ARE TEACHING ONLINE

STAY SAFE

Your safety is important to me.

Please practise the sessions on this site with care and caution.

Not all exercise is suitable for everyone.

The content on this site is provided for general information only.

It is not intended to amount to advice on which you should rely. You must obtain professional or specialist advice before taking, or refraining from, any action on the basis of the content on this site.

Although I make reasonable efforts to update the information on this site, I make no representations, warranties or guarantees, whether express or implied, that the content on this site is accurate, complete or up to date.

If you have any doubt, please consult your doctor and if you feel any pain, discomfort or dizziness, please do not continue until you have sought medical advice.

Any health information on this site is provided for educational and informational purposes only. It is not in any way intended or implied to be used as a substitute for professional medical advice, diagnosis, treatment or care.

Beginning any significant treatment with drugs, supplements or other interventions that may impact physiology or making changes to an established regimen should be discussed with the patient's physician and health care practitioner.

The information on this site is not intended to be taken as a replacement for medical advice.

I do not accept any responsibility in connection with the use of the information in individual cases.

Any practices and suggestions contained on this site are undertaken at the viewer's sole discretion and risk. If you have doubts about the sustainability of the exercises, please consult a doctor beforehand.