

VICTORIA DONKIN YOGA

◦ Body ◦ Mind ◦ Life ◦ Balance ◦

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If you feel dizzy, lightheaded, faint or if you experience any other discomforts, stop exercising immediately and consult a medical doctor. You are responsible for your condition during your workout. Exercise within your limits. Never force or strain. Seek attention and advise as appropriate.

Before any workout you should stretch to warm up and cool down afterwards. Not warming up, cooling down and stretching properly might result in personal injury. You should avoid alcohol and drugs before practice. Also, no heavy meals for two hours before workout. Keep yourself hydrated before during and after your yoga practice.

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