

# VICTORIA DONKIN YOGA

◦ Body ◦ Mind ◦ Life ◦ Balance ◦

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The information provided on this site is for educational purposes only. Participate at your own risk. Make sure you exercise in a light area, with enough free space around you. Wear comfortable clothing so you can move freely.

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.

We do not recommend that you attempt any of these poses or yoga exercises without suitable experience and supervision. We offer no medical advice. You should consult a medical practitioner before attempting any exercise and particularly yoga, to ensure that you do not injure yourself. This is particularly important if you are overweight, pregnant, nursing, regularly taking medications, or have any existing medical conditions. This site may not be tailored to match your physical and mental health. We accept no liability whatsoever for any damages arising from the use of this website.

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