

## CAUTIONS FOR YOGA PRACTICE

Many of us have at least one of these conditions (including yoga teachers!). However for your safety please advise your yoga teacher if any of the following conditions relate to you or *any* condition you think may be affected by yoga practice. This information is kept confidential.

- Aneurism, history of stroke
- Anxiety
- Arthritis or joint soreness
- Asthma
- Chronic or acute pain
- Cramps
- Depression
- Diabetes
- Dizziness, or balance/unsteadiness issues
- Endometriosis
- Epilepsy
- Glaucoma, or any other eye condition
- Headaches or migraines
- Heart disease or condition
- Hiatus hernia
- High or low blood pressure...medicated?
- Hyper-mobile (“double-jointed”)joints
- Inflammatory conditions
- Muscular problems
- Neck, back, knee or any joint problems
- Osteoporosis
- Pelvic Floor Weakness
- Pregnancy
- Sciatica
- Spinal injury/condition
- Thyroid condition
- Ulcer
- Varicose veins