

Hatha Yoga Society

Safety Statement

The Hatha Yoga Society is committed to providing a safe, inclusive, and supportive environment for all participants during its activities.

All sessions are conducted with a focus on gentle physical practice, body awareness, and personal limits. Participation is voluntary, and members are encouraged to practice at a level appropriate to their individual physical condition and experience.

To ensure safety, the Society follows these principles:

- Sessions are beginner-friendly and do not require prior yoga or breathing practice experience.
- Participants are encouraged to inform the instructor of any injuries, medical conditions, or limitations before the session.
- Clear verbal instructions and demonstrations are provided, with alternative or modified options offered where appropriate.
- Participants are reminded that they may rest, stop, or opt out of any exercise at any time.
- No physical adjustments or hands-on assistance are provided without explicit consent.
- Breathing practices used are gentle and controlled; forceful or extreme techniques are avoided.

The Hatha Yoga Society does not provide medical advice, diagnosis, or treatment. Participants take part at their own discretion and are responsible for listening to their bodies and acting within their personal limits.

This Safety Statement is reviewed periodically and updated as necessary.