

IMPORTANT INFORMATION

Yoga positions and classes may pose difficulties for persons with some disabilities or medical conditions such as, but not limited to, heart disease, high blood pressure, cancer, epilepsy, diabetes, HIV, multiple sclerosis, recent operations or injury. Female students if menstruating, pregnant or trying to conceive are advised to avoid certain postures and activities.

In the interests of your well-being you should always seek qualified medical advice from your General Practitioner or Consultant if you are pregnant, trying to conceive or have a medical condition or disability which might affect your ability to practise Iyengar Yoga or other forms of strenuous physical activity or exercise.

Whether you are an existing or new student you are also advised to discuss privately with your class teacher or Elisabeth Wengersky whether the class you wish to attend is suitable.

The Iyengar Yoga Institute Maida Vale takes seriously its obligation to treat people with disabilities fairly and to make reasonable adjustments. However, not all our teachers are qualified to a sufficient level to teach persons with disabilities and we may not have a suitably qualified teacher available.

DECLARATION (Please complete A or B)

- **A** I consider myself to have a disability or medical condition and have sought qualified medical advice and been told I may practise Iyengar Yoga and similar strenuous physical activities.

The following adjustments are required: _____

- **B** I do not suffer from any condition which could affect my ability to practise Iyengar Yoga and similar strenuous physical activities.

I accept that failure to disclose a pre-existing condition or making a false declaration can result in the case of an accident or injury in the denial of liability except where IYIMV its officers, agents or employees have been negligent.

Signed: _____ Date: _____

Name: _____ Membership No: _____

(Please Print)