

We try to make each class suitable for the general community. However, please be careful when you are practising. Don't overdo it. Listen to your body and follow your breath to be sensitive to your limitations. Let yourself improve gradually with regular practice. Take time and enjoy the process.

If you suffer from specific injuries or diseases it is best to consult with your physician first. Do not take the online classes if you are pregnant.

Consult your physician before beginning any new exercise program.

Iyengar Yoga Honolulu and [www.honolulu-yoga.com](http://www.honolulu-yoga.com) assumes no responsibility for injuries suffered while practicing these techniques.