

# Disclaimer

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The postures and movements depicted should be performed according to your ability to do so.

Prior to engaging in any type of exercise, it is recommended that you consult with your medical or health care practitioner in regards to being able to physically perform these exercises as it related to your preexisting body structure and/or any other health issues or conditions. Always obtain full medical clearance before practicing yoga or any other exercise program. Always practice safely and ensure to warm up the whole body before practicing.

The information provided in the blog, website, books, courses, and other materials ("information") is strictly for reference and educational purposes only and is not in any manner a substitute for medical advice and is not to be used in any manner for the diagnosis and/or treatment of any medical or surgical condition. If you suspect you have a medical problem, consult your physician.

Not all yoga or other exercise practices are appropriate or suitable for every person. Yoga is not recommended for and is not safe for those with certain medical conditions. Always, in your particular case, consult your health care provider. Yoga is not a substitute for medical attention. We, Blissful Living, are not medical professionals and we do not in any way, intended to examine, diagnose or treat any condition.

Practicing under the direct supervision and guidance of a qualified instructor, in addition to the direction of your health care provider, can also help determine what poses are most suitable for your particular case. The information provided herein is also not to be used in any manner as a substitute for the direct guidance of a qualified, present yoga instructor. Always practice yoga and other exercise programs under the direct supervision and guidance of a qualified instructor. Practicing under the direct supervision and guidance of a qualified instructor can, but is not guaranteed to, help avoid injuries.

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