



A Guide for Home Practice

Practicing **yoga movements is suitable for just about everyone** so long as you listen to your body and modify or omit things that don't feel good for you, and rest if you need to. **If you have health conditions** that you would like **María** to be aware of, please let her know in advance or at the start of class. **If you have any doubts about what is appropriate for you, please consult your health professional.**

You do not need any special equipment if you don't have. Loose, comfortable clothing and bare feet are best. A yoga mat can be helpful. You need enough space to turn around with outstretched arms and to stretch your arms overhead. Yoga is done lying down in different positions; on your backs, sides, on your front, kneeling, sitting and standing. But much can also be done seated on a firm chair (like a dining chair): it can be helpful to have one nearby if you need support for certain balancing movements.

In the relaxation to begin with and meditations at the end of most classes you'll need to have easy access to what you need to be comfortable, a blanket or extra layer for warmth.

The Yoga Movements Zoom classroom

Our online teachings are offered on Zoom.

You can participate via desktop computer, laptop, tablet or smartphone. The larger your screen, the easier it will be to see the instruction.

All classes aim to start on time. Whenever possible the classroom will open few minutes before a class. You are welcome to come in and say hello. The Zoom functions helpful to know about include:

It is up to you whether you want to practice in class with your camera on or off, but **if you want María to see what you are doing you need your camera on and positioned so that you are in view.** María will spotlight her video during class and mute everyone else, and then invite you to unmute again after the practice so that you can say goodbye and ask questions.

LIABILITY

Taking responsibility for your own safety and wellbeing when doing class online

Practicing at home means there is no teacher present with you in the room. By participating in any of our online or recorded classes you are therefore agreeing to take full responsibility for yourself and your practice environment.

HOME PRACTICE WAIVER Participating in Maria's classes online – live stream or recorded

As you are participating these sessions without a teacher present in the room with you, please take all due care for your health, safety and surroundings. Make adjustments in the practice to take care of yourself. Also make sure your practice space is safe around you and underfoot. You agree to take full responsibility for yourself, others, and your environment when doing these practices.

By participating in classes (live stream or recording), you agree to the following:

I understand that the program may involve physical, mental, intellectual, and emotional activity, including exercises that may tax my physical, intellectual, mental and emotional capacity. I understand and acknowledge that my participation in the classes and in every separate part of it is purely voluntary and that at all times I will be free to choose NOT to participate in any part or all of the event.

I acknowledge my responsibility for exercising my own judgment and initiative in choosing what parts of the event I will participate in. I acknowledge that my choices and my actions may pose a risk of injury to myself or others. By this consent I knowingly and voluntarily assume the risk of injury either to myself or caused to others by me in the program. I release María Uceda from any and all liability for injuries to myself. I agree to hold harmless María Uceda and any of her companies from any and all liability for injuries to myself and for any injury to others caused by me.