

DISCLAIMER

Anyone taking part in this yoga/meditation session does so at their own risk and, in taking part, whether live or pre-recorded, must adhere to the following terms: Anthea Sweet does not accept any responsibility for any individual nor group of individuals, who may be participating in this yoga/meditation session. To take part in this yoga/meditation session, you must be in good physical health. If you have been told, on health or medical grounds, that you should not take part in physical activity and sport, then you won't be able to join in with this session. Where the practice is intended to assist with specific health issues, you must follow the teacher's guidance, listen to your own body and work within the limits of your own comfort. At no point should you continue if you experience any pain.