

Hello everyone,

Before your child follows my yoga video, I wanted to advise you that if they have any health issues or concerns, you should check with their GP/consultant that it is okay for them to practice yoga.

If you are confident that my yoga video is appropriate for your child, please follow the guidelines below:

- Before your child begins their yoga session, make sure that they have not eaten a large meal in the last hour.
- Make sure that your child's yoga space is safe, warm and peaceful.
- Provide appropriate supervision for your child.
- Ensure that your child is wearing clothes that will allow comfortable stretches and deep breathing. Any postures requiring balance should be performed in bare feet.
- Remind your child that yoga should not feel painful or a struggle and that if anything does feel painful or a struggle they should relax and rest breathing gently and then join in again when they can.
- Do not record or share these sessions in any way.

Very best wishes

Laura Hopson