

Disclaimer

- Yin for You wants to stress that practicing yoga including yin yoga may not be suitable for everyone.
- It is your responsibility to ensure that you exercise in a safe manner and that you stop exercising if you notice any negative or questionable physical effects.
- Therefore, always consult a qualified health professional to find out if (yin) yoga is suitable for you.
- Yin for You does not accept liability in the event of injury, loss or damage as a result of our services or information on our website.