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Luminate On-Site Yoga Guidelines & Health and Safety Policy

We want your on-site yoga session to be safe, comfortable, and accessible. Yoga can support physical health, stress management, and general wellbeing, but it also involves movement, stretching, and balance work. Please read the following guidelines to help you make an informed decision about participating.

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1. Suitability & Health Considerations
Yoga is suitable for most people, but there are circumstances where certain movements may need to be adapted or avoided. Please inform the instructor of any health concerns before the session.
Yoga may not be appropriate if you have:

- Recent injuries (e.g., back strain, torn ligaments, sprains)
- Recent surgery
- Unmanaged high or low blood pressure
- Severe osteoporosis or bone fragility conditions
- Heart conditions affecting exertion
- Vertigo, balance disorders, or dizziness
- Joint instability or chronic pain conditions where stretching may worsen symptoms
- Pregnancy (unless attending a pregnancy-safe or modified session)
- Any health condition your GP or physiotherapist has advised may be aggravated by physical exercise

If you are unsure whether yoga is suitable for you, please consult a healthcare professional before attending.

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2. Health Screening & Disclosure
Before the session begins, you may be asked to share any medical conditions, injuries, or limitations that could affect your participation. This helps the instructor:

- Tailor guidance and modifications
- Ensure you avoid movements that may cause harm
- Provide a safe, accessible experience

You are not required to disclose personal information to other attendees, you may do so privately with the instructor.

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3. Safe Participation: Listening to Your Body
To ensure your physical safety during the session:

- Move at your own pace and range of motion.
- Avoid pushing into pain or discomfort.
- Feel free to rest or skip any pose at any time.

- Use modifications offered by the instructor whenever needed.

If you feel faint, dizzy, overheated, or unwell during the session, please stop immediately and notify the instructor.

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4. Environment, Equipment & Space Safety

For everyone's safety and comfort:

- Ensure the space around your mat is clear of bags, chairs, and other hazards.
- Use a non-slip yoga mat — either your own or one provided.
- Wear comfortable clothing that allows free movement.
- Avoid participating if the floor is wet or slippery.
- Inform the instructor if the room temperature or ventilation is affecting your comfort.

Props (blocks, straps, bolsters) may be used to support safe alignment; feel free to request them if needed.

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5. Instructor Guidance, Adjustments & Consent

The instructor will offer verbal cues and optional physical adjustments to support good alignment and safety. To maintain your comfort and boundaries:

- Physical adjustments will only be offered with your consent.
- You can opt out of adjustments at any time, simply let the instructor know privately before the session.
- You remain in control of your body at all times.

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6. Hygiene & Cleanliness

To ensure a clean, safe practice environment:

- Mats and props are cleaned between sessions or provided with appropriate covers.
- Please sanitise your hands before and after the session.
- Avoid attending if you have a contagious illness or infection.

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7. Emergency Procedures & Instructor Qualifications

Your safety is our highest priority:

- All yoga instructors are qualified, insured, and trained in holding safe sessions.
- Instructors are briefed on emergency procedures for each venue.
- In the event of a safety concern or emergency, the instructor will pause the session and follow venue protocols.

If you feel unwell before the session, please do not attend — you are welcome to reschedule.

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8. Booking & Acknowledgement

By attending a yoga session, you confirm that:

- You have read and understood these guidelines
- You will disclose relevant health conditions to the instructor
- You understand the instructor may modify or decline participation if necessary for safety

If you have any questions about whether this session is right for you, please speak to us at hello@weareluminate.co.