

Online Yoga Guidance, in line with BWY recommendations

- Before taking part in a class I need to know any health conditions.
- Through the BWY I am fully insured to teach remotely, either live-streamed or pre-recorded, on a secure platform to a private audience. I am also insured through Wellbeing insurance.
- Teaching remotely, I am unable to risk assess the space in which you are practising, or you, therefore you must be aware that by participating in remote sessions you agree to be responsible for ensuring you are practising in a suitable remote environment, and that you are healthy enough to participate.
- All BWY teachers follow “best practice guidelines” and it is your responsibility to follow these student guidelines, as your commitment to keeping yourself safe and injury free.
- On Zoom, please set your screen to speaker view. You may see small pictures of participants on your screen; these can be removed. There should be 3 small bars by the pictures. Click on the smallest one and they will disappear.