



Natural Health Practitioners of Canada  
Praticiens de la Santé Naturelle du Canada



## SIDE EFFECTS AND SAFETY CONSIDERATIONS

Systematic reviews indicate that yoga is generally a safe practice with few reported adverse events. Yoga is considered safe for both healthy individuals and those with medical conditions, and its recommendation should not be discouraged due to safety concerns.

### Side Effects

Most side effects from yoga are mild and temporary, though in rare cases, more serious effects have been reported.

Yoga has the same risk level as other types of exercise or standard treatments, such as massage or physiotherapy.

Individuals with medical conditions should consult their doctor before practising extreme breathing techniques.



### Safety Considerations

Beginners should avoid advanced techniques and breathing exercises.

Individuals with certain health conditions – such as glaucoma, osteopenia, asthma, psychosis, or affective disorders – may need to modify their yoga practice.

Those with physical or mental health conditions should practice yoga under the guidance of an experienced, medically trained teacher.

