

# BLISSFUL SLEEP WITH THE AID OF YOGA EXERCISES



Twelve Techniques for Improving Your  
Sleeping Patterns

---

*Yoga for Everybody #2*

ANAND GUPTA

# **Introduction**

By using this book, you accept this disclaimer in full.

## **No advice**

The book contains information. The information is not advice and should not be treated as such.

## **No representations or warranties**

To the maximum extent permitted by applicable law and subject to section below, we exclude all representations, warranties, undertakings and guarantees relating to the book.

Without prejudice to the generality of the foregoing paragraph, we do not represent, warrant, undertake or guarantee:

- that the information in the book is correct, accurate, complete or non-misleading.
- that the use of the guidance in the book will lead to any particular outcome or result.

## **Limitations and exclusions of liability**

The limitations and exclusions of liability set out in this section and elsewhere in this disclaimer: are subject to section 6 below; and govern all liabilities arising under the

disclaimer or in relation to the book, including liabilities arising in contract, in tort (including negligence) and for breach of statutory duty.

We will not be liable to you in respect of any losses arising out of any event or events beyond our reasonable control.

We will not be liable to you in respect of any business losses, including without limitation loss of or damage to profits, income, revenue, use, production, anticipated savings, business, contracts, commercial opportunities or goodwill.

We will not be liable to you in respect of any loss or corruption of any data, database or software.

We will not be liable to you in respect of any special, indirect or consequential loss or damage.

## **Exceptions**

Nothing in this disclaimer shall: limit or exclude our liability for death or personal injury resulting from negligence; limit or exclude our liability for fraud or fraudulent misrepresentation; limit any of our liabilities in any way that is not permitted under applicable law; or exclude any of our liabilities that may not be excluded under applicable law.

## **Severability**

If a section of this disclaimer is determined by any court or other competent authority to be unlawful and/or unenforceable, the other sections of this disclaimer continue in effect.