



#### **GRAND VALLEY HATHA YOGA CODE OF CONDUCT:**

As a Registered Yoga Teacher (RYT200) with the Canadian Yoga Alliance, I adhere to the Code of Conduct. You can find at: <https://www.yogaalliance.org/AboutYA/OurPolicies/CodeofConduct>.

- Conduct myself in a professional and conscientious manner. This includes, but is not limited to, ensuring that I live up to any commitments I make to my students or to the public, and ensuring that my practices and behavior conform to the representations I make about myself in holding myself out as a yoga practitioner who adheres to certain precepts.
- Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.
- Respect the rights, dignity and privacy of all students.
- Avoid words and actions that constitute sexual harassment or harassment based on other legal protected characteristics.
- Adhere to the traditional yoga principles as written in the yamas and niyamas.
- Follow all local government and national laws that pertain to my yoga teaching and business.

## **GRAND VALLEY HATHA YOGA RULES OF SAFETY & ETIQUETTE:**

Practicing self-awareness, and respect to the teacher and other students will help to ensure that your yoga experience will be beneficial and stress-free.

- Please remove your shoes near the door or entranceway, there is a small mat placed beside the door. Yoga is traditionally practiced barefoot. Also, being barefoot allows you to ground down and grip your mat. In this yoga class we will be working on a variety of different standing postures that require bare feet. I do believe it is a safety concern to wear socks while practicing yoga so, I am going to insist on bare happy feet. OR if you are uncomfortable for any reason with being barefoot let me know and you can purchase from me (or another retailer) before the start of class some yoga toe grip socks. (I usually have some with me!)
- Please turn off your cell phones or do not bring them into the yoga room with you. Remember that this is your hour to unplug and be present! Respect your fellow classmates by not having your cell phone on or with or checking messages during class.
- It is also recommended that you avoid eating a large meal right before practicing yoga as there are lots of twists, backbends or forward bends that can apply pressure to the digestive organs. That being said, practicing yoga can/should activate the parasympathetic nervous system (rest & digest impulses) so, you may feel very hungry after class. From my personal experience, it is nice to have a snack soon after class. (Fruit or granola bars are great!)
- Please wear comfortable clothing with plenty of stretch! Clothing that is too loose is not recommended, as it inhibits your instructor from seeing your spinal alignment. However, from personal experience, clothing that is too tight can become uncomfortable in some of the poses or may need to be adjusted during practice. Try to find clothing that very comfortable and not too loose or too tight! (There are lots of great yoga specific clothing out there, which is great. Most 'active wear' is equally appropriate.)
- It is also recommended that you arrive about 5-10 minutes before the start of class so that you have time to set up your mat, relax and settle in. Keeping in mind that I will be there setting up. The doors will open 15 minutes prior to the start of class.
- You may help yourself to blocks and straps from my equipment. Try to unroll your mat gently and with intention, so as it not disrupt the students that are already there. Arriving to class early allows you get centred and prepare for your practice. Feel free to do some gentle warm-up poses, or help yourself to some hot tea! Try to let go out your outside concerns and stress and relax in the present moment and tune into your body.
- **Please refrain for any negative self-talk or negative talk of others.**
- **Please refrain from 'teaching', giving advice to, or correcting/adjusting other students poses in the room, particularly during yoga class. This is a very important safety and legal/insurance issue. Remember to trust your yoga teacher who is trained, guiding and observing the class the students in the room. Try to focus on what is happening on your own mat and in your own body.**
- **Remember that our yoga room is a safe, space; where we practice non judgement and non competitiveness with others and ourselves.**
- **Remember to always listen to your body. Never force yourself into a pose. Always stay where you can breathe steadily and with ease. And, as always, make sure and talk to your doctor before the start of any new exercise routine.**