



Yoga In Sardinia

Personal Code of Conduct

- I am committed to practising yoga as a way of life.
- I am committed to maintaining impeccable standards of professional competence and integrity.
- I will treat my students with respect.
- I will ask permission from my students before physically adjusting them in postures and will respect their personal boundaries if they do not wish to be physically adjusted or decide that they no longer wish to be adjusted if they had previously given permission.
- I dedicate myself to thorough and continuing study of yoga, in particular to the theoretical and practical aspects of Hatha Yoga which I teach to others.
- I will accurately represent my qualifications, training and experience relevant to my yoga teaching.
- I am committed to promoting the physical, spiritual and emotional wellbeing of my students.
- I embrace the ideal of truthfulness in dealing with students and others.
- I am committed to ensuring all client information be held in strict confidence. No information about clients or the services they receive from Sardinia Yoga will be released without their written consent. I will refrain from referring to any student by his or her name in a public or private forum.
- I am open to instructing all students irrespective of race, nationality, gender, sexual orientation, and social or financial status.
- I am willing to accept students with physical disabilities, providing I have the skill to teach them appropriately.
- I will abstain from giving medical advice unless I have the necessary medical qualification.
- I will never force my opinions on students and will appreciate that every individual is entitled to their own world views, ideas and beliefs. Yoga teachers must communicate to their students that yoga seeks to achieve a deep level of transformation of the human personality, including attitudes and ideas, therefore if a student's ideals and opinions impede the process of communicating yogic teaching, I am free to

recommend an alternative teacher if possible and find an amicable way of dissolving the teaching relationship.

- I am committed to avoiding substance abuse, and if for any reason I succumb to chemical dependency will stop teaching until such time as I am free from such dependency.
- I will avoid any exploitation of the trust and potential dependency of any student and instead encourage them to find greater inner freedom and independence.
- I will honour the teacher / student relationship and will not enter into any business, personal or sexual relationship with any existing student and will always seek the guidance of my peers before entering into any business or personal relationship with a former student.
- I will avoid any form of verbal, physical or sexual harassment of my students.
- I acknowledge the importance of proper context for teaching and agree to avoid teaching in a casual manner and will observe proper decorum inside and outside the class.
- I acknowledge the importance of appropriate dress and will dress modestly and in a way that will not distract my students whilst still allowing them to be able to see how the body is positioned whilst in postures.
- I strive to practice tolerance toward other teachers, schools and traditions and will always comment with fairness and appropriate regard to facts.