

Yoga Teacher Training Course

Code of Practice

Teachers should comply with the principles of good, ethical practice as listed below:

1. The well-being and safety of the student is paramount. Always carry out a formal risk assessment and record your findings in writing. If the venue is being hired by you, contact the person or organisation in charge of the premises to share the risk assessment.
2. Know where the first aid kit or first aider is, always have a phone to hand and know the fire regulations for your teaching venues.
3. Develop appropriate, professional relationships with students, based on mutual trust and respect. Adopt a caring, empathic approach. When using hands-on adjustment techniques be very aware of how you approach students and if necessary ask their permission beforehand. The teacher student relationship is not a friendship. It's always necessary to retain a slight reserve in class even if you are best friends outside of the studio.
4. Ensure you have adequate, specialist insurance to teach. Keep up to date with your insurance and have documentary evidence of your policy. Yoga Alliance offer specific insurance policies for trainee and qualified teachers.
5. Keep documentary evidence of your yoga qualification with copies of certificates and dates.
6. Respect the rights, beliefs, dignity and worth of each person and treat everyone fairly and equally at all times.
7. Promote the positive philosophical aspects of yoga such as non-competitiveness, no harm to others, cleanliness. You should be a consistent example of high standards in your appearance and behaviour.
8. Students should be encouraged and guided by teachers to accept responsibility for their own yoga practice and behaviour and be encouraged to practice within the limits of their own abilities and fitness levels. Yoga should be taught in a way that is appropriate to the student's physical and mental state. As a teacher you should encourage students to make progress but not induce them to try postures or yoga techniques that might endanger their health and safety.
9. Keep up-to-date with current teaching practice and attend Continuing Professional Development events.

10. Do not overstate your abilities to students, other teachers or professionals. Do not teach postures or techniques that you are not yet competent to deliver.
11. Remember you are not a medical practitioner so don't offer diagnoses to your students. Suggest they see a medical professional.
12. Respect the intellectual property rights of materials and articles written by yoga professionals and other.
13. Always act professionally. Be reliable and punctual. Honour commitments you've made. Don't gossip about students or teachers. Don't spread rumours or remark upon those you come into contact with during your working day. Be respectful and considerate of other people and their property. Leave your practice venues clean and tidy. Turn off lights and try not to let your students' arrivals and departures cause excess noise or disruption.
14. If you have to cancel classes, events or appointments make sure you communicate clearly and politely with all involved. If someone has been inconvenienced think how you might compensate them, a free yoga session for example.
15. Publicity for classes should not include inappropriate claims or advertise services that cannot realistically or confidently be delivered. False advertising is illegal.
16. Confidentiality of student personal information should be respected. As a yoga teacher you are often in the position of being a student's confidante. Students disclosing medical conditions and personal issues should be able to do so in confidence. Personal information about students should never be made public in a class, to other teachers, digitally on social media or websites unless the student has given written consent. Become familiar with the General Data Protection Regulations. In the UK these strict rules concerning verbal, written and digital data, including photographs and video footage are the basis of good handling of personal information. Any information about your students should be protected and kept confidential at all times, even from other family members. If it isn't essential to keep hold of personal information destroy it safely as soon as possible.