



COLORADO SCHOOL OF YOGA

PURPOSE

The members of the Colorado School of Yoga Community recognize that the foundation of spiritual life is a moral and ethical code of conduct and a mindful and considerate relationship with the world around us. We believe that no matter where we are teaching, it is our responsibility to provide a safe and supportive environment in which a student can explore themselves physically, energetically, psychologically and spiritually.

PRINCIPLES

In order to uphold the highest professional standards for Yoga teachers, we agree to accept the following foundational principles:

1. To avoid discriminating against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religion, national origin, embodiment or experience.
2. To stay abreast of new developments in the field of Yoga and other related fields through educational activities and study.
3. To seek out and engage in collegial relationships, recognizing that isolation can lead to a loss of perspective and judgment.
4. To manage our personal lives in a healthful fashion and to seek appropriate assistance for our own personal problems or conflicts.
5. To provide rehabilitative or therapeutic instruction and guidance only for those problems or issues that are within the reasonable boundaries of our competence.
6. To establish and maintain appropriate and clear professional relationship boundaries.
7. To maintain our own practice and engage in opportunities to learn from others and continue our evolution on the yogic path.
8. To cultivate an attitude of humanity and humility in our teaching, we dedicate our work to something greater than ourselves.
9. To commit to and teach an environmentally sustainable lifestyle.

PROFESSIONAL PRACTICES

In all professional matters, we maintain practices and teaching procedures that protect the public and advance the profession.

1. We use our knowledge for the benefit of the people we serve and not to secure unfair personal advantage.
2. Fees and financial arrangements and refund policies are always discussed at the onset and are established in a straightforward, professional manner.
3. We are careful to represent facts truthfully to students, referral sources and third party payers regarding credentials and services rendered. We will correct any misrepresentation of our professional qualifications.
4. We do not malign colleagues or other professionals.
5. We do not knowingly solicit another teacher's students.

STUDENT RELATIONSHIPS

It is our responsibility to maintain relationships with students on a professional basis.

1. We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
2. We make only realistic statements regarding the benefits of Yoga.
3. We show sensitive regard for the moral, social and religious standards of students and groups. We avoid imposing our beliefs on others, although we may express them when appropriate in the Yoga class.
4. We recognize the trust placed in and unique power of the student-teacher relationship. While acknowledging the complexity of some Yoga relationships, we avoid exploiting the trust and dependency of students. We avoid those dual relationships with students (e.g., business, close personal, or sexual relationships) that could impair our professional judgment, compromise the integrity of our guidance, and/or use the relationship for our own gain.
5. We do not engage in harassment, abusive words or actions, or exploitative coercion of students or former students.
6. We do not engage in aggressive nor abusive touch of students.
7. All forms of sexual behavior or harassment with students are unethical, even when a student invites or consents to such behavior involvement. Sexual behavior is defined as, but not limited to, all forms of overt and covert seductive speech, gestures and behavior as well as physical contact of a sexual nature; harassment is defined as, but not limited to, repeated comments, gestures, or physical contacts of a sexual nature.

CONFIDENTIALITY

We respect the integrity and protect the welfare of all persons with whom we are working and have an obligation to safeguard information about them that has been obtained in the course of the instruction process.

1. We treat all communications from students with professional confidence.
2. When supervising apprentices or consulting with other Yoga teachers, we use only the first names of our students, except in those situations where the identity of the student is necessary to understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice or consultant.
3. We do not disclose student confidences to anyone, except: as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal, or disciplinary action arising from the instruction where the teacher is a defendant; for purposes of supervision or consultation; or by previously obtained permission.
4. We obtain consent of students before audio and/or video tape recording or permitting third party observation of their private sessions or public classes.
5. When current or former students are referred to in a publication, while teaching, or in a public presentation, it is either with specific consent or their identity is thoroughly disguised.

The inspiration for this code is the California Yoga Teachers Association Code of Ethics.