



Flipside Yoga's CODE OF CONDUCT

Purpose Statement

We have adopted our Code of Conduct which applies to all our teachers. We believe that it is the responsibility of our teachers to ensure a safe and protected environment in which a student can grow physically, mentally, and spiritually. We believe our teachers must aspire to and express the highest possible standards of conduct as set forth in our Code of Conduct. Our Code of Conduct embodies the yamas and niyamas of the Yoga Sutras of Patanjali which are rules of ethical conduct that apply to all practitioners of yoga.

Financial Practices

Teachers will be honest, straightforward, fair, and conscientious in conducting all of their business affairs. Teachers will manage their business affairs according to recognized standard business and accounting practices. Teachers will discuss all fees and financial arrangements in a straightforward professional manner.

Teachers will seek opportunities to render service to individuals or groups who are underserved by the broader yoga community on a pro bono basis.

Professional Growth/Continuing Education

Teachers shall maintain and improve their professional knowledge and competence, strive for professional excellence through regular assessment of their personal and professional strengths and weaknesses, and through continued education and training. Teachers shall stay current with new developments in yoga through practice and study.

Teacher-Student Relationships

Teachers shall treat their students with respect. Teachers shall never force their own opinions on students but rather recognize that every student is entitled to his or her worldview, ideas, and beliefs. However, teachers must communicate to their students that the authentic practice of yoga involves a transformation of the human personality, including attitudes and ideas.

If a student is not open to change or if a student's opinions seriously impede the process of receiving yoga, then a teacher may end the teaching relationship. Teachers shall not exploit

the trust of students and their potential dependency but rather, encourage students to find greater inner freedom.

Integrity

Teachers shall uphold the highest of moral standards. Teachers shall strive to ensure that their intentions, actions, and speech are based on honesty, compassion, selflessness, trustworthiness, and transparency.

Teachers recognize that the process of learning is never complete, and they shall avoid portraying themselves as “enlightened” or “spiritually advanced.” Teachers recognize that they are walking on the spiritual path along with their fellow teachers and students. Teachers shall cultivate an attitude of humanity in their teaching and dedicate their work to something greater than themselves.

Scope of Practice

Teachers shall represent their qualifications honestly and provide only the services they are qualified and certified to perform. Teachers shall not give medical advice. Teachers shall not recommend treatment, diagnose a condition, or suggest that a student disregard medical advice. Teachers shall refer their students to medical doctors or complimentary licensed professionals when appropriate.

Confidential Information

Teachers shall keep all personal information disclosed by their students or clients strictly confidential. A teacher who receives personal information from a student or client may not disclose such information unless it obtains the written consent of the student or client. All discussions among teachers concerning students or clients shall be conducted in secure, non-public environments.

Inter-Professional Relationships

Teachers are part of a network of health care and well-being professionals and shall seek to develop interdisciplinary relationships. Teachers shall seek to collaborate with other professionals to protect and enhance the wellbeing of the yoga community and the public generally.

Advertising and Public Communications

A teacher shall accurately represent his or her professional qualifications and certifications along with his or her affiliations with any organization(s). Announcements and brochures promoting classes or workshops shall describe them with accuracy and grace. These principles are designed to uphold the quality of our teachings and shall be in compliance with legal guidelines for appropriate representation of our services.

Yoga Equity

Teachers shall commit to a shared responsibility for awareness of and commitment to change the inequities that exist within yoga that result in many people feeling excluded and underrepresented. These may be people who feel excluded due to their body composition and/or physical ability. Teachers are encouraged to take proactive steps to promote inclusion in yoga to: **(1)** promote equity; **(2)** reduce harm to students; **(3)** honor and leverage cultural differences; and **(4)** expand diversity and accessibility in all areas of yoga while honoring the integrity of yoga's cultural and historical roots.

Teachers shall not discriminate against or refuse to provide teaching or professional help to any student, client or employee based on any protected class such as age, gender (including pregnancy), race, ethnicity, culture, national origin, religion, sexual orientation, disability, socioeconomic status or genetic information.