



Code of Conduct *February 2021*

1. Introduction and Preamble

In this document I will dive deep in my core values and ethical conducts I am committed to follow as a yoga facilitator, trainer and coach – and ask everyone who works with *Corpo Giardino – Yoga Practices* to follow.

As a preamble I will use words of Yoga Alliance® to reference to *Corpo Giardino – Yoga Practices*. YA a world-wide non-profit organization with the purpose to keep high standards not only in the way we teach yoga but also how we behave in yoga studios and in relationship with colleagues and students.

I am a committed member with YA, driven by the desire to create a safe, respectful and high-quality Yoga environment.

To learn more, click here: <https://www.yogaalliance.org>.

Corpo Giardino – Yoga Practices' Scope of Practice follows a set of robust standards, policies, and procedures for the profession of yoga teaching shared by Yoga Alliance.

We recognize that there are many lineages, styles, and methodologies and believes that the teaching of yoga must respect that diversity.

Yoga is a polythetic system of physical, mental, and spiritual practices and disciplines which originated in ancient India and South Asia.

Throughout history, various groups in India, and in other cultures, geographies, and religious and secular contexts, have defined and redefined yoga according to the differing circumstances, passions, and goals of diverse individual and cultural traditions.

The colonization of India by Great Britain, the globalization of yogic understandings, and a combination of other worldwide cultural exchanges, appropriations, and natural evolutions have also influenced what is defined today as yoga.

While acknowledging the limitations of any single definition of yoga—and wholly rejecting the idea that yoga can be reduced to any single framework or understanding—for the purpose of Yoga Alliance standards, the Sanskrit word “yoga” includes and additionally describes both an optimal unitive state of consciousness as well as the techniques, philosophies, practices, and lifestyles that bring one to such a state”.

2. Code of Conducts

2.1 Purpose

Corpo Giardino – Yoga Practices envisions a world in which students can access a high-quality teaching and practicing, where yoga is accessible, equitable and elevates collective wellbeing and human consciousness. The purpose of this Code of Conducts is to provide a safe, accessible, equal and professional environment, where students can use the tools of Yoga as a self-inquiry and self-expression.

We are deeply committed to maintain a high level of teaching and accountability.

The principles that follows are embedded in the yoga tradition of *Yamas* and *Niyamas*, of the Ashtanga Path of Patanjali.

Yamas refers ethical behavioral practices and external conscious actions

Niyamas refers to actions and practices of self-inquiry and reflection

2.2 Code Principals

a. Do No Harm (*Ahimsa, Non-Violence – Niyamas*)

Under Code Principle a, we are committed to **do no harm**. We will take reasonable steps to do no harm and will not intentionally or negligently cause harm to Students, Trainees, employees, peers, other Members, other teachers, or members of the public through any action or inaction.

Under Code Principle a, I am committed not to teach **while under the influence of alcohol or drugs**, except for those drugs that have been prescribed for medical purposes by a licensed medical or mental health professional. This teaching prohibition is irrespective of jurisdictional legality and within certain yogic practices and lineages, styles, and methodologies.

b. Actively Include ALL individuals

1. **Avoid Discrimination:** We are committed not to discriminate against Students, Trainees, employees, staff, peers, or any other Members on the basis of age, gender, gender identity, sexual orientation, race, ethnicity, culture, national origin, religion, body type, personal appearance, physical or mental ability, socioeconomic status, marital status or political activities.
2. **Active Inclusion:** We are committed to seek to actively include, accommodate, and welcome persons who are typically excluded on the basis named above in 'Avoid Discrimination' as a committed practice towards creating equity.
3. **Provide Reasonable Accommodations:** We are committed to facilitate to the best of our ability reasonable accommodations for people with disabilities.
4. **Establish Reasonable Physical Location:** We are committed to carefully consider the safety and accessibility of the physical location(s) of our yoga classes and workshops.

c. **Respect Student-Teacher Relationship**

- a. **Consent-Based Touch:** As it pertains to the act of physically assisting, we must obtain **Explicit and Informed Consent** before physically adjusting Students and Trainees in yoga practices.

Explicit and Informed Consent can be given verbally, in writing, by an unambiguous gesture, or via a consent indicator. Silence or lack of resistance, in and of itself, does not demonstrate consent. Further, we understand and agree that Explicit and Informed Consent is an ongoing process of communication and agency and that previous consent does not imply future permission or allow for future physical adjustment or contact of any type.

2. **Romantic and/or Sexual Relationships:** We agree and are committed not to enter into a new romantic and/or sexual relationship with a Student or Trainee during the course of an RYSTM, other school, conference, workshop, retreat, class, or other such events at which the Member is perceived to be the Teacher.

If feelings do develop, or if the parties mutually agree to move forward with a romantic and/or sexual relationship during the course of the aforementioned events, we should suggest that the Student or Trainee find an alternate Teacher.

3. **Consent to Record:** We are committed not to photograph, record video, or capture any other imagery in any other medium, nor use such imagery or such person's likeness, without the express consent of the Students, Trainees, or members of the public who are included in such photography, video, and imagery.

d. **Sexual Misconduct Policy**

We are committed not to intentionally or negligently cause sexual harm—verbally, physically, or otherwise—to Students, Trainees, employees, peers, other Members, other teachers, or members of the public.

e. **Anti- Harassment Policy**

We are deeply committed not to harass Students, Trainees, employees, peers, other Members, other Teachers, Registered Yoga Schools (RYSTMs), other schools, studios, or members of the public, in person or through online activities, now known or unknown, such as trolling, stalking, using hate speech, threatening, intimidating, reporting of false grievances, manipulating, or otherwise harassing in any form or manner.

f. **Maintain Honesty in Communications**

Under this Code, we agree and commit to **maintain honesty in communications.**

This principle includes a duty to both refrain from certain activities and to proactively and affirmatively make certain disclosures including, but not limited to, the following:

1. **Honesty in Communication:** We are committed not to falsely represent our professional yoga history, including but not limited to: education, training, experience, and credentials.

Plagiarism is not allowed any copyrighted material and must accurately disclose the source of any teaching, writing, or resource that is not their own.

We agree to acknowledge our Teachers or mentors when sharing a teaching related to that relationship. We are committed not to make unsupported or exaggerated claims regarding the effects of yoga.

2. **Local Resources:** We will provide advice or services in locations where they are not currently and properly licensed during or resulting from any program, including residential or immersion. In terms of disclosures, we are committed to create and provide referral lists of locally available resources for Students, including but not limited to: medical and mental health professionals, law enforcement, suicide prevention hotline, sexual abuse hotline, and Yoga Alliance.
3. **Cultural Responsibility:** We keep educating and inform ourselves about the history and genesis of yoga and proactively inform Students and Trainees of the origin and practices from the lineage, style, or methodology being taught.

We are responsible in adapting yoga teachings and practices for Students of various cultural backgrounds while also understanding the existence of appropriation and commodification in contemporary yoga and its effects on Indian and other cultures and traditions.

d. **Individual Responsibility:** We agree, in addition to utilizing Yoga Alliance resources, establish an individual and personalized structure for periodic and ongoing peer mentoring, support, and advice as well as self-reflection, especially around yoga and yoga teaching issues they find challenging.

I, Andrea Vannini, do hereby attest these ethical conducts and make sure that ALL the teachers and collaborators in Corpo Giardino – Yoga Practices, will follow them.

Chur, 1st February 2021

