Teacher Agreement of Yoga Integrity and Code of Ethics of Swan River Yoga

I promise as a teacher of yoga to uphold to the best of my ability the ethics and integrity of the yoga practice for the benefit of my teaching skills and the welfare of all of the yoga students. I agree to the following list below of helpful guidelines to refer to as my role as a yoga teacher/teacher in training/employee/mentoree/workstudy of highest standards as I am aware that I am representing what yoga is. I realize the highest purpose of Swan River Yoga is a heightened sense of community and I am here to uphold and enhance that.

In teaching any class at Swan River Yoga, I agree to remain open and to convey all of the paths of yoga in my class no matter what style I am teaching, respecting the roots and intention of yoga by participating in the following:

1. Chanting Om (at least) to provoke intention in every class. 2. Remind students of yogic philosophy at the beginning and throughout the class. 3. Articulating the science of yoga with correct alignment principles and postural technique in an interesting, approachable, and articulate way. I will do this to the best of my ability, depth of experience, and knowledge.

I agree to receive continuing educational hours each year after my initial certification. This will allow me to continue to share new ideas with the students with fresh wisdom, enthusiasm, refinement, and sincerity so that we continue to evolve together. This is an act of respect for the students I will be teaching and for the teacher whom presented me with an opportunity for yoga certification.

As a teacher I agree to have my own personal yoga insurance that will be renewed annually and turned in each year upon renewal. This will protect the yoga teacher, the studio, and the students.

When I teach I will be 15 minutes early, and I will set up the room so it is ready when the students arrive. The atmosphere should be transformed before the arrival of any students with any suitable purification’s which could include some of the following: incense, music, candles, lighting, flowers, tidiness, intentions, prayer, and cleanliness. Honor your space as an altar or chapel.

When students are entering, I, as a teacher am here to serve, and anything that has to do with my “stuff” is left until after I leave the studio and return to my personal space. It is inappropriate for a teacher to bring their stuff with them to class or the yoga environment. The moment the teacher steps toward the studio to enter, they are in the role of teacher and are being observed as a representation of yoga. This is a blessed service. Yoga class is a time for students to come and to talk and feel, and for the teacher to be there for them and listen to their “stuff”. The teacher should always be able to listen attentively if the time is suitable. If I as a teacher can not clear my mind because it is too intense I will find a substitute.

As a teacher I will not speak badly of any other yoga teachers, studios, types of yoga, or students. It is wise to recommend a student in the direction that they truly need to go when asked what is suitable for them, and to support all of the other teachers and studios, as this is the practice of yoga and community.
As a teacher I will not put down any students or speak of their personal struggles. New students especially should get extra attention as they are our guest at the studio and we are blessed to have them. They have come a long way to have the courage and interest to come and we honor this. They should feel special and at home. Encouraging students to speak to each other and introduce themselves is also highly recommended so that it is a friendly atmosphere. Encouraging discussions about yoga and healing is especially uplifting and conducive to the environment. Some topics would not be so appropriate in uplifting the atmosphere. If you hear this creatively transform the conversation.

Sexual gestures of any kind in yoga class are completely inappropriate when teaching as the student is in a state of complete trust and openness. This will in no way be tolerated at Swan River Yoga. If a student and a teacher are discovering an attraction, it is up to the teacher to be sure that this is handled in a mature manner outside of the classroom. Honoring the students practice as sacred is the first priority. I agree to take full responsibility any issue that arise as such outside the doors and deal with it mindfully and heart-fully.

I will do my best to find the most suitable candidate for teaching my form of yoga when I need a substitute to maintain continuity. I know that I am in charge of finding my own substitutes and will not ask Michele, Keith or Libby to find substitutes for me.

It is my responsibility to list any subs for my own class using the MindBody software. Instructions on how to do so can be found here: [http://swanriveryoga.com/contact/FAQs.html#PostSub](http://swanriveryoga.com/contact/FAQs.html#PostSub)

Swan River Yoga operates on a “two-strikes” policy. If I miss my class once, I will purchase a class out of my own pay for any students who have shown up and apologize to them personally. If I miss my class twice, unless a true emergency has occurred which will be up to Michele, Keith or Libby to judge, I will lose my class. I understand that leaving town without finding a sub, even if I let an owner know in advance, is not acceptable and would be considered “one strike”.

Should I decide that I would like to add or remove one of my classes from the schedule, I will contact Michele with advanced notice. I understand that the schedule changes three to four times a year and that I will need to wait until the next schedule change occurs for the entire studio before expecting my own requested change.

If I have a question about the schedule, I will check the online MindBody schedule. If my class is not listed or is listed incorrectly, I will take personal responsibility to contact the appropriate owner for help with changing the dates of the class, the level or the description. (For classes occurring at the Shala or Marigny, contact Keith. For classes occurring at Mid-City, contact Libby). If it is holiday time or if I have any confusion about whether my class is happening or not for any reason, I will first consult the online schedule to find the answer. I will not presume that my class is canceled without checking first.

I will find that the measure of a good class in the end will be to gauge how a student feels about themselves at the end of a class and if I have served to bolster their self-esteem self-love, and independence for the student to the best of my ability. This comes first before any alignment principles, philosophy or ability to chant. If students are kind to one another this is a sign of a good
teacher.

Swan River Yoga is developed for the encouragement of integrity and the service of the Highest Self of each unique and creative individual, and we honor your art. In love and light, Michele and Keith

I am in full agreement of Swan River Yoga’s code of ethics and integrity and promise to practice these to the best of my ability. If I am not able to do so or find that through time these ethics do not comply with my art, life style or standards, I will bow out of my duty as a teacher. I understand that Swan River Yoga’s intention is to maintain the highest standards of teaching, serving the Highest Self of Yoga.

__________________________________________ date ______________________

Qualities of a Yoga Teacher

“1. Soft Heart. These qualities encompass compassion, sensitivity to others’ feelings, friendliness, kindness, patience, and respect.

2. Sharp mind. These qualities include being articulate, creative, innovative, and interesting. Here you can relay dense information with clarity and simplicity.

Vibrant body. These qualities include being enthusiastic, charismatic, positive, humorous, and inspiring. A steady self practice can maintain this.” John Friend

Business transactions at Swan River Yoga.

Our goal is to remain crystal clear, open, honest, consistent, firm, and equal. These will be set standards for everyone since you are all special.

*All private session at SYR are 30/70 split. You must call to make this appt. in the castle or shala. Private session pricing will be a consistent charge for every teacher, and is listed on the website.
*All classes are 50/50 split of whichever package a student paid for.
*All events are 30/70 split.
*All teachers teaching under 3 regular classes on the schedule will be charge $6 per class. All teachers teaching 3 classes or more have free classes. This does not include substituting classes.
*All teachers, all workstudy, all employees will be treated equally with equal opportunity.  
*All teachers, workstudy, and employees will find suitable replacements in their absence.  
*All teachers may receive 20% off of certain events when the guest teacher approves this.  
*All boutique prices are set, accept anything that says Swan River Yoga on it. These items are 20% off. This is for anyone working at Swan River Yoga in any capacity. (Workstudy, employees, etc.)  
*The owners of Swan River Yoga will be go to all things within Swan River Yoga's walls or under Swan River Yoga's name for free.

I agree to the above business transactions at Swan River Yoga and will fully comply with these policies.

___________________________________ Date__________________

You must sign the above to begin teaching at Swan River Yoga by Oct 6, 2008, when the new schedule is revealed.

“Yoga is doing what the Divine has done to become you.” Douglas Brooks