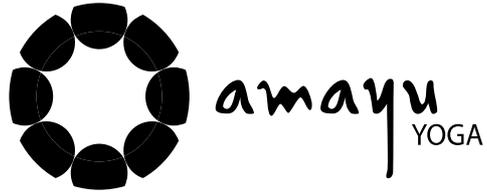


# Amāyu Practitioner – Teacher Guidelines



The practitioner/teacher relationship is a partnership. Both the practitioner and the teacher hold specialised information. The teacher has knowledge and experience based on specialised training in yoga theory and practice and associated disciplines along with lived experience as a practitioner and numerous applied teaching experiences.

The student holds information about their own history and current experience. This guidance explains what Amāyu believes is a professional and supportive practitioner - teacher relationship. It is primarily designed to give practitioners the confidence to articulate their rights and understand their responsibilities in the class environment and in their one to one relationship with Amāyu teachers.

We expect Amāyu teachers to make their practitioners aware of the guidelines and embody them in their everyday teaching. For further information please see our website for our full list of policies and procedures.

## What should you expect as a Yoga Practitioner in our studio?

- To feel the teacher is working to develop an equal relationship with the practitioner and establish an environment where they can co-create the practitioner's yoga practice
- To feel safe and supported in their practice
- To feel their agreed physical, mental, emotional and/or spiritual goals are being supported
- To have a relationship with their teacher that is free from exploitation
- To understand that consent is informed, affirmative and ongoing.
- To have consent cards available for use at the studio or class and to have the right to decline assists at any time if preferred
- To feel they can ask questions and challenge the teachers thinking
- To seek a second opinion from another teacher, confidentially if requested
- To practice in an environment that is open, transparent and where their rights and feelings are listened to, believed and action is taken to resolve complaints immediately
- That Amāyu ensures their accredited teachers adhere to the Code of Ethics and Safe Spaces and Scope of Practice and maintains continuing professional development, insurance and first aid certification. These are available on our website to view (add links in here for electronic version)
- That Amāyu teachers are sufficiently trained in basic mental and physical health first aid and know where to signpost practitioners to appropriate services of support
- Contact Amāyu with concerns around professional conduct. Email our Designated Safeguarding/Grievance officer Emma Rowse - [emma@amayuyoga.com](mailto:emma@amayuyoga.com)

## A Checklist for Practitioners

Yoga is a thought provoking and emotionally demanding practice. Each day practitioners and their teachers come to the mat with a range of pressures, circumstances and experiences that can impact on our practice and teaching. This checklist is designed to support practitioners in clarifying any concerns you may have and empower you to raise them in a supportive environment.

Do you feel under pressure to:

- Perform beyond your physical, mental or emotional capability on the day
- Withhold your concerns over something that is occurring to yourself or others in the teaching environment
- Take on belief systems or “spiritual” practices that are not appropriate for you
- Consent to physical or verbal assistance with your practice
- Be touched or spoken to inappropriately
- Partake in unwanted group therapy or provided with unwarranted advice
- Should you feel your teacher may be in breach of the Code of Ethics and Safe Space or Scope of Practice and you do not feel in a position to resolve this yourself, you can contact Amāyu to discuss and/or follow our *Whistleblowing Policy or Grievance procedure*

## Yoga Practitioner Responsibilities

- Arrive on time & turn off or put your phone on silent
- Be respectful of those who wish to sit quietly or meditate
- Avoid eating heavy meals for two hours before class
- Respect others. Refrain from disturbing the practice of others in the class. Do not give assist to others on the teacher’s behalf, unless asked to
- Do not practice or attend a class under the influence of drugs or alcohol
- Notify the teacher of physical injuries and/or physical, mental or emotional challenges
- Ensure you rest or ask for assistance if you feel a pose isn’t right for you
- If you think your teacher may be in breach of Ethical Framework, Safe Space Policy or Scope of Practice, contact our Designated Safeguarding/Grievance officer Emma Rowse - [emma@amayuyoga.com](mailto:emma@amayuyoga.com)

We gratefully acknowledge and appreciate drawing on the work of [Yoga Australia](#)